SPROTT SHAW COLLEGE SINCE 1903

FALL BACK INTO SCHOOL!

START AN EXCITING NEW CAREER IN HEALTH CARE:
SPROTTSHAW.COM

• PRACTICAL NURSING
• HEALTH CARE ASSISTANT
• COMMUNITY SUPPORT WORKER

Vancouver metro

Your essential daily news | WEDNESDAY, SEPTEMBER 23, 2015 | High 17°C /Low 11°C Sun and clouds

READY TO ENGAGE

'I'm Drake. Conservatives, you're Meek Mill'

DAILY ELECTION PAGE
metroNEWS

CLOSE CALL

BRAVE FATHER PUNCHES A COUGAR IN THE FACE TO SAVE HIS DAUGHTER

metroNEWS

COLOURBOX.COM

B.C. loses hard drive with millions of people's info

TECHNOLOGY

Device contains education records from 1986 to 2009

Matt Kieltyka
Metro | Vancouver

The British Columbia government has lost a hard drive that contains the personal information of 3.4 million people.

Amrik Virk, Minister of Technology, Innovation and Citizens' Services, announced the data breach publicly Tuesday and also launched a review across all ministries' data storage and privacy practices.

"There is no doubt that a mistake was made, first in how the hard drive was created and secondly in how it was stored," said Virk. "The bottom line is that this should not have happened."

Virk said the unencrypted external hard drive was improperly created as a back-up and put into storage, but it could not be found after an extensive search last week.

The minister claims the drive has not been accessed by anyone and could have been destroyed or stored elsewhere.

The risk to individuals is low, Virk said.

The hard drive doesn't contain any financial, banking, social insurance or drivers licence data.

But it does contain the education records for 3.4 million British Columbia and Yukon residents from 1986 to 2009, including personal education numbers, full names, postal codes, and the home addresses of Grade 12 students.

The drive also contains smaller subsets of more sensitive data, including case file and health information of thousands of students in Ministry of Children and Family Development care, teachers' employment data, and a 2008 file containing information of 1,052 post-secondary cancer survivors involved in a research trial.

The breach has sparked a government-wide review into the management of personal information, starting with the Ministry of Education, Virk said.

Both the opposition NDP and BC Teachers' Federation (BCTF) released statements scolding the government.

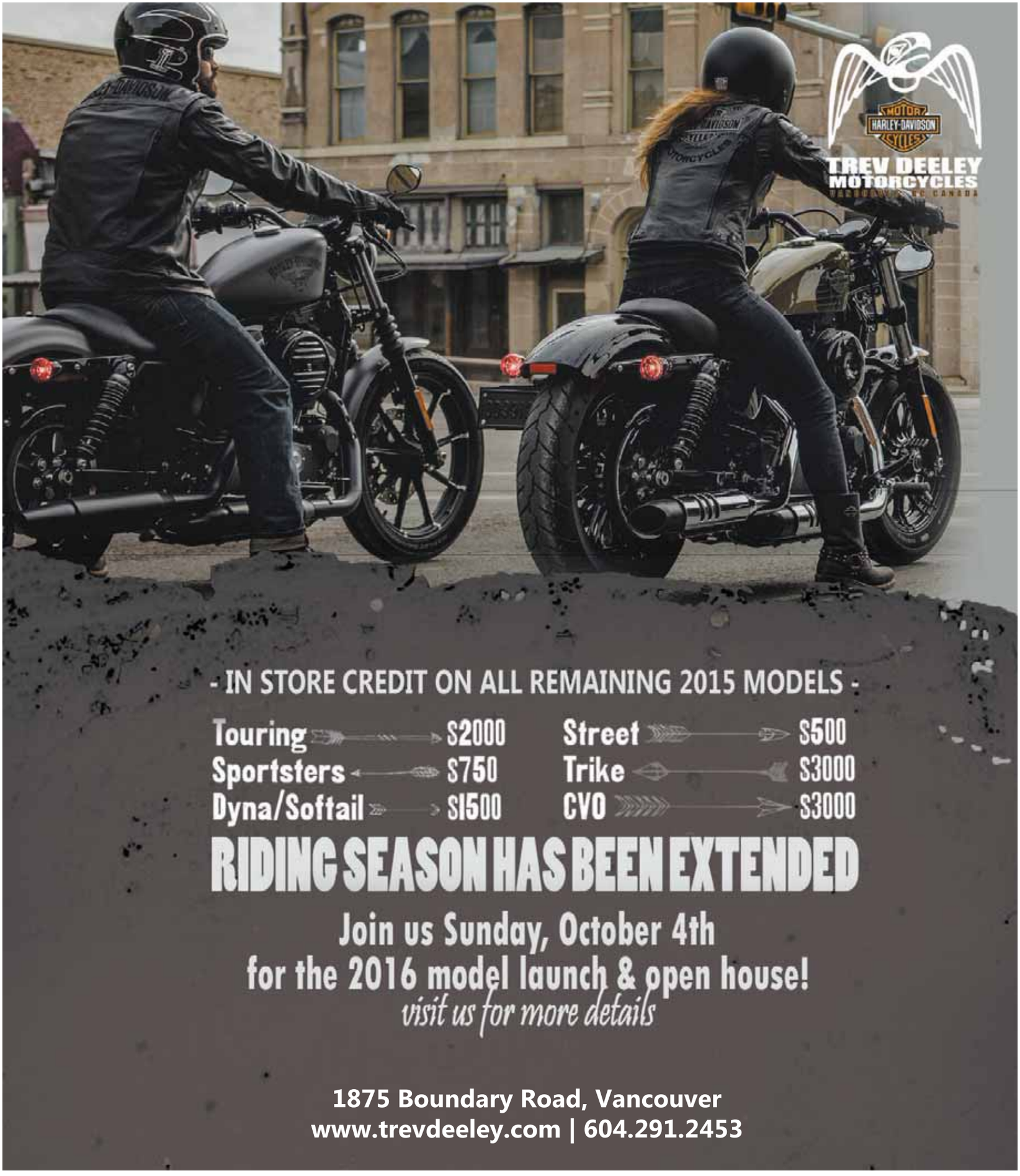
The NDP called it the "biggest loss of privacy data in B.C. history" and citizen services critic Doug Routley questioned what other sensitive records are unprotected and warehoused by the government.

BCTF president Jim Iker said the union has had "huge concerns" for years about the amount of student and teacher data collected by the Ministry of Education.

"Why is a 35-year-old today worried about her or his privacy being violated from student records collected 25 years ago," Iker said in a statement. "I hope now the government will take our concerns and student privacy seriously."

PHONE LINE

The government has set up a Service BC info line (1-800-663-7867) for people who want to find out if any of their personal information was contained on the drive.


TREV DEELEY
MOTORCYCLES
- IN STORE CREDIT ON ALL REMAINING 2015 MODELS -
Touring $2000
Sportsters $750
Dyna/Softail $1500
Street $500
Trike $3000
CVO $3000
RIDING SEASON HAS BEEN EXTENDED
Join us Sunday, October 4th
for the 2016 model launch & open house!
visit us for more details
1875 Boundary Road, Vancouver
www.trevdeeley.com | 604.291.2453

metro NEWS
Your essential daily news

PETA fights for monkey to have copyright to selfie. **World**

Vancouver open to townhouses

RESIDENTIAL ZONING

Official says city lacks plan but expects it to be agenda item

Emily Jackson
Metro | Vancouver

Vancouver is poised to start planning for more townhouses, a more affordable housing type that is relatively absent in the city compared to neighbouring municipalities, according to the city's top planner.

Brian Jackson pitched a plan for townhouses along arterial roads in a speech to the development community last week — his last before his retirement in December — and he thinks the mayor and city councillors liked the idea, he told Metro this week.

"I think they're going to be moving quite quickly to make sure that work gets put on our planning agenda," he said, adding he met with the mayor after the speech.

"This is an opportunity for us to provide a type of housing for those people seeking single-family-type housing but that we don't have yet."

A row of townhouses situated on Alexander Street in the Downtown Eastside just outside of Gastown. Head planner Brian Jackson says the developments would provide new housing opportunities to young families. THANDI FLETCHER/METRO

In cities such as Richmond, where townhouses are more prevalent, the existing zoning allows for the taller, attached homes along certain arterials. In Vancouver, Jackson said, they're only allowed on certain streets and in areas such as Marpole, Norquay and the Cambie corridor.

He believes there hasn't been a demand for townhouses in Vancouver because the zoning makes them a hassle for developers to build, as well as the higher cost of land. Plus, he said, developers have been happy building single-family homes and highrises.

But developers have reportedly started assembling properties along streets including Granville and Cambie in hopes that council will eventually rezone the areas for higher density, including townhouses.

Before anything like that happens, Jackson said, there will be extensive consultation with people in the single-family-home neighbourhoods.

"If you live in a single-family house, any kind of change is difficult to accept," Jackson said, adding many bought their houses years ago and "cherish" their large properties.

"We've got some work to do to talk to them and explain, the type of people moving into townhouses are not much different than them," he said.

A brief MLS search found townhouses and row homes for sale from $319,000 for one-bedrooms to as much as $2.6 million.

Jackson believes more townhouses could enable young families to stay in the city.

"It's grade-related, it's lower density, family-oriented, larger units. We have to provide housing opportunities for those who can't afford single-family houses."

TRANSPORTATION

Millennials' turnout the lowest in failed transit plebiscite

Matt Kieltyka
Metro | Vancouver

Millennials had the lowest voter turnouts in Metro Vancouver's failed plebiscite on transit funding, according to Elections BC.

Despite the fact those groups are more likely to use public transit and were said to be among the most impacted by the vote, the office's final report on the plebiscite found 25- to 35-year-olds had the lowest voter turnout, with just 36.23 per cent casting a ballot.

The next two age groups with the lowest turnout, 18-24 and 35-44, had 41.1 per cent voting rates. Overall voter turnout was 48.62 per cent.

Jeremy McElroy, who was involved in the "This Sucks, Vote Yes" campaign geared toward younger voters, said the low turnout from millennials isn't a shock.

"It's sad to see that youth were not the ones that came out. I think youth have the most at stake in all levels of politics because we're going to be the ones dealing with it in the future, but youth are also some of the most skeptical of those political systems," said McElroy.

Elections BC said administering the mail-in plebiscite cost it $5,372,380.

Support people with developmental disabilities as a
COMMUNITY SUPPORT WORKER
Are you searching for a rewarding career serving your community and the exceptional people within it? If so, check out the Community Support Worker Diploma Program at Stenberg College.

"We can do anything. We just need a little more help than other people. And a little bit of support and love." – **Maddie W,** Stenberg College employee / Semiahmoo House Customized Employment

"I want the world … to be more caring, and take more time to not just understand us but to accept us for who we are."
– **Manjeet G**, Semiahmoo House Customized Employment

STENBERG COLLEGE 604-580-2772 • *www.stenbergcollege.com*

You are invited to an
INFORMATION SESSION
Wednesday September 30th
7:00 pm – 9:00 pm
Stenberg College
Suite 750-13450 102nd Ave, Surrey
(Central City Tower)

All attendees will receive $250 bursary
Please RSVP to
rsvp@stenbergcollege.com or by tel: 604-634-0384

It's time to prepare for 'monster' weather: Prof.

EL NINO

Expert says coast may get hit harder than ever before

The "monster" El Nino weather system expected to hit Canada's West Coast later this fall and winter could lead to higher tides, flooding and erosion in low-lying coastal areas, says a professor at the University of Victoria.

Ian Walker's warning comes out of part of a larger study by a group of researchers from five countries bordering the Pacific who looked into El Nino and La Nina weather systems. The study was published this week in the journal Nature Geoscience.

Thirteen researchers from universities and government agencies tried to determine if patterns in coastal change, such as erosion and flooding, could be connected to major climate cycles, like El Nino and La Nina, across the Pacific.

Walker, a geography professor whose specialties include beach and dune systems, coastal erosion and climate-change impacts, said he contributed data collected from the west coast of Vancouver Island, between Tofino and Ucluelet.

"What makes B.C. kind of distinct in the broader Pacific Basin is that we see coastal erosion and flooding responses for both El Nino and La Nina," said Walker.

"Now this year is a pretty monster El Nino, probably the largest ever witnessed. We know that in past El Ninos from here to California we've seen some of the highest historic rates of erosion. So we can prepare for that and we've seen that signal in our data."

DEFINITION

El Nino is a natural, tropical, ocean temperature phenomenon, in which warm water near the equator in the Pacific moves towards South America's northern coast and then turns northward, as far as Haida Gwaii and Alaska, said geography professor Ian Walker.

Umbrellas deployed: people on Water Street brave a heavy rainstorm on Aug. 31. ALICE D'EON/FOR METRO

> **We see coastal erosion and flooding responses for both El Nino and La Nina.**

"As warm things expand, we see a higher water level, on the order of tens of centimetres, depending on where you are," said Walker. "So that's superimposed on the tides and storms are then superimposed on top of that."

The result can be higher ocean-water levels, he said.

Contrast that to a La Nina, which typically follows an El Nino and is a phenomenon where the upwelling of cold water off northwest South American results in cooler coastal ocean waters along B.C.'s coast, said Walker.

Less energy is available for storms and the ocean levels are lower, but what leads to erosion and flooding during a La Nina event is the track of the storms that plow directly into the central portion of Vancouver Island, said Walker.

"This is a big El Nino year, so we should be prepared but we should also be prepared as much for the La Nina which could follow in a couple years," said Walker.

The U.S. Geological Survey said in a news release that the research was important because the impact of El Nino and La Nina have not been included in studies about rising sea levels and coastal vulnerability.

Other universities that participated in the study included the University of Sydney and the University of New South Wales in Australia and New Zealand's University of Waikato.

THE CANADIAN PRESS

VANCOUVER ISLAND

Father punches cougar, saves girl

A Vancouver Island man punched a cougar in the face Monday to rescue his two-year-old girl from its jaws.

Travis Nielsen's daughter, Bree, suffered some puncture wounds in the sudden attack, but is otherwise doing fine.

"She was crying but she's OK," said his wife, Andrea Nielsen. "She's got some small puncture wounds just above her right ear, one on her back and then a couple on her chest."

The cougar pounced while the three of them were sitting in their backyard in Tahsis on the west side of Vancouver Island.

"(Bree) was sitting with a six-week-old puppy and we were just ... enjoying the day and then all of a sudden from behind the shed, my daughter was attacked."

Nielsen said it wasn't immediately clear what kind of animal had the toddler.

"At first, we thought it was a large dog. But then we realized — after my husband pulled my daughter out of the way and punched it in the face — that it was actually a cougar."

The cat dropped the girl and Travis Nielsen yelled at the cougar to "get out of here."

"He was still out there scaring the cougar into the forest even after the fact, once we were all safe in the house," said his wife.

Conservation officers eventually put the animal down and scoured the area for any additional big cats.

"They sent in a team and they had bloodhounds with transmitters," said Andrea Nielsen. "They were going through the forest and they set up traps."

She said it had been "an intense day." Asked how long it might take for her family to stop shaking, Nielsen replied: "Never."

THE CANADIAN PRESS

Freeze Time - Reverse Aging !

Venus Freeze

The most advanced thermal-magnetic solution for pain-free treatment of Cellulite & Wrinkles, Body Contouring & Skin Tightening on the Face, Neck & Body!

FDA & Health Canada Approved

ANY 30 minute appointment on ANY Body Part

1st Treatment Only $99 (regularly $275)

* One per client. 30 min appointment includes 20 min treatment. Multiple treatments required for optimal results.

604-255-2737
www.ElectraLaserHairRemoval.com
ELECTRA LASER
HAIR REMOVAL & SKIN REJUVENATION EXPERTS
L12 - 955 Hornby St. Vancouver

MEAGRE CREEK

Mudslide birthday 'one to remember'

Matt Kieltyka
Metro | Vancouver

It was a birthday party no one will soon forget.

Fifteen of the 30 campers who needed to be airlifted from Meagre Creek, northwest of Pemberton, after mudslides this weekend cut their vehicles off from the service road were celebrating a birthday at the hot springs.

Ryan Supeene says the good times were interrupted by heavy rain and rough weather Saturday night and when the group emerged from their tents on Sunday, the Lillooet River was flowing fiercely.

"We could hear boulders rolling in the creek, it was raging so hard," Supeene said. "That's when we decided to roll out."

But the group of friends soon found the service road had been cut by a mudslide and fast flowing water, making it impassable.

"No way were we getting out," said Supeene.

They were soon joined by another group, from the University of British Columbia's outdoor club, who were able to call for help from satellite phones and the 30 people banded together, set up a base camp and waited for rescue, which came in the form of helicopters the next day.

Campers await an airlift. COURTESY CAMERON BOWMAN

Despite their helplessness, Supeene said the group made the most of their situation.

"We started to ration food, but not once did anyone panic. We all felt pretty safe where we were," he said. "Everyone was calm, and everyone was great about it."

Although everyone was safely airlifted out of the area, several cars remain stranded.

As for his friend's birthday, it's "definitely one to remember."

Exclusively ours
CLINIQUE Gift

FREE: Receive a custom 7-piece gift, featuring our exclusive print bag by designer Tyler Dawson, with any CLINIQUE purchase of $31 or more.

An $85 value.*

Ends October 3, 2015.

GIFT INCLUDES:

Choose your skin care:
Repairwear Uplifting Firming Cream SPF 15, 15 mL
OR Even Better Moisturizer SPF 20, 15 mL

- Clinique Smart Custom-Repair Serum, 10 mL
- Liquid Facial Soap Mild, 30 mL
- Blended Face Powder in Invisible Blend
- Long Last Soft Matte Lipstick in Matte Peony
- High Impact Mascara in Black
- Exclusive cosmetics bag designed by Tyler Dawson

MAY WE SUGGEST:

CLINIQUE
Sonic System Purifying Cleansing Brush, **$99**
Dermatologist developed for all skin types.
While quantities last.

Face Forward, 3-Step Skin Care, **starting from $17**
System includes Liquid Facial Soap, Clarifying Lotion, Dramatically Different Moisturizing Lotion+ or Gel.

HUDSON'S BAY

SHOP THEBAY.COM

Savings for all offers are off our regular prices, unless otherwise specified. ***Before taxes.** One gift per customer. While quantities last. Values are based on our per mL and/or g price for regular-sized products.

Jacky Chen wants to say, 'Thanks, Mike'

Jacky Chen, left, with Mike, a kind stranger. COURTESY JACKY CHEN

COMMUNITY

Cyclist blown away by city's help, especially mystery man

Thandi Fletcher
Metro | Vancouver

A Taiwanese man who had his bike stolen in Vancouver while cycling around the world wants to say thank you to the friendly stranger who helped him get back on the road last weekend.

Jacky Chen, whose journey to cycle around the world was featured on the front page of Metro last Friday, said he is overwhelmed by the community's efforts to help — especially one mystery man named Mike.

On Sunday, Chen said he was shopping for a new lock at Mountain Equipment Co-op on West Broadway when he heard a voice behind him. A stranger, who said he recognized Chen from his story in Metro, encouraged him to consider a stronger lock.

After inspecting Chen's bike, he helped the cyclist pick out a mirror. When he learned that Chen doesn't wear a helmet, Mike urged him to reconsider.

While Chen tried to pay for his lock, he said he heard Mike's voice again: "Hey Jacky, If I buy the helmet, will you wear it?"

Chen said he agreed, and Mike paid not only for the helmet, but also a mirror and his lock.

Now on the road in Washington State, Chen said he wanted to pass on his gratitude to mystery Mike and everyone else who helped him in Vancouver.

End bill horror stories.

Go Unlimited.

Put a stop to overages and unexpected charges. Get the same bill every month with Unlimited Data, Talk & Global Text, plus International Calling from 1¢/min.

$39/mo

SAMSUNG Galaxy S6 edge+

Offer ends soon

windmobile.ca

WIND true mobile freedom

Learn more at WINDmobile.ca. Offer is valid as of August 17, 2015 and is subject to change or cancellation without notice. All unlimited plan features in Canada are from anywhere on our network, otherwise long distance and roaming rates apply. All services subject to WIND's Terms of Service, Fair Usage Policy and Internet Traffic Management Policy and are for personal use by an individual. Applicable taxes extra. Additional terms and conditions apply. Samsung Galaxy Note 5 and Samsung Galaxy S6 edge+ are trademarks of Samsung Electronics Canada, Inc. and/or its related entities used with permission. Screen images simulated. WIND, WIND MOBILE and TRUE MOBILE FREEDOM are trademarks of Wind Telecommunicazioni S.p.A and are used under license in Canada by WIND Mobile Corp. © 2015 WIND Mobile

COURT

B.C. sex trafficker fires lawyers again

A B.C. man convicted of trafficking teenage girls for sex has again fired his lawyers in a long-delayed legal battle that prosecutors say has devolved into a "circus."

In B.C. Supreme Court on Tuesday, Justice Catherine Bruce again revised the date for Reza Moazami's sentencing hearing, which was initially set for last December. He is scheduled to return to court for three days in the final week of October.

"I will not grant you any further adjournments," said Bruce, speaking bluntly as she told Moazami those dates were set in stone, even if he had to represent himself.

"I have no appetite for adjourning this sentencing over for any length of time," she added. "There have been substantial delays as a result of decisions you've made with regards to changing counsel."

Moazami was found guilty last September of luring nearly a dozen teenage girls into a prostitution ring in B.C.'s first human-trafficking conviction. He was convicted of 30 of 36 charges against him, including sexual exploitation, sexual assault and living off the avails of prostitution.

This is the third time Moazami has released his defence counsel since his arrest in 2011.

After confirming that he had dismissed his two most recent lawyers, he told the court he intended to hire David Milburn.

"I'll agree to step in as counsel at this late stage in the interest of justice," said Milburn, speaking via conference call during a break from a trial in Nanaimo, B.C.

Milburn represented Moazami briefly for an earlier bail hearing in provincial court.

"Everyone's worked really hard to ensure (Moazami) has a fair trial," said prosecutor Kristin Bryson outside the courtroom about the repeated delays, describing the "endless antics" that have bogged the proceedings.

THE CANADIAN PRESS

IN BRIEF

Senior struck and killed

A 75-year-old woman was killed after she was hit by a vehicle on Oak Street late Monday.

The collision happened shortly before 10 p.m. when the woman, who was crossing at 53rd Avenue, was hit by a vehicle travelling southbound, according to Vancouver police.

She was pronounced dead at the scene.

The driver, a 19-year-old Vancouver man, stayed at the scene and is co-operating with police.

Police said the investigation is still in its early stages but that alcohol is not believed to have been a factor. THANDI FLETCHER/METRO

Jacker needs jolt, gets jail

Thieves take note: If you plan to steal a delivery van, have your morning coffee first.

A 55-year-old man is pondering that lesson while awaiting a Sept. 30 court date in Vancouver.

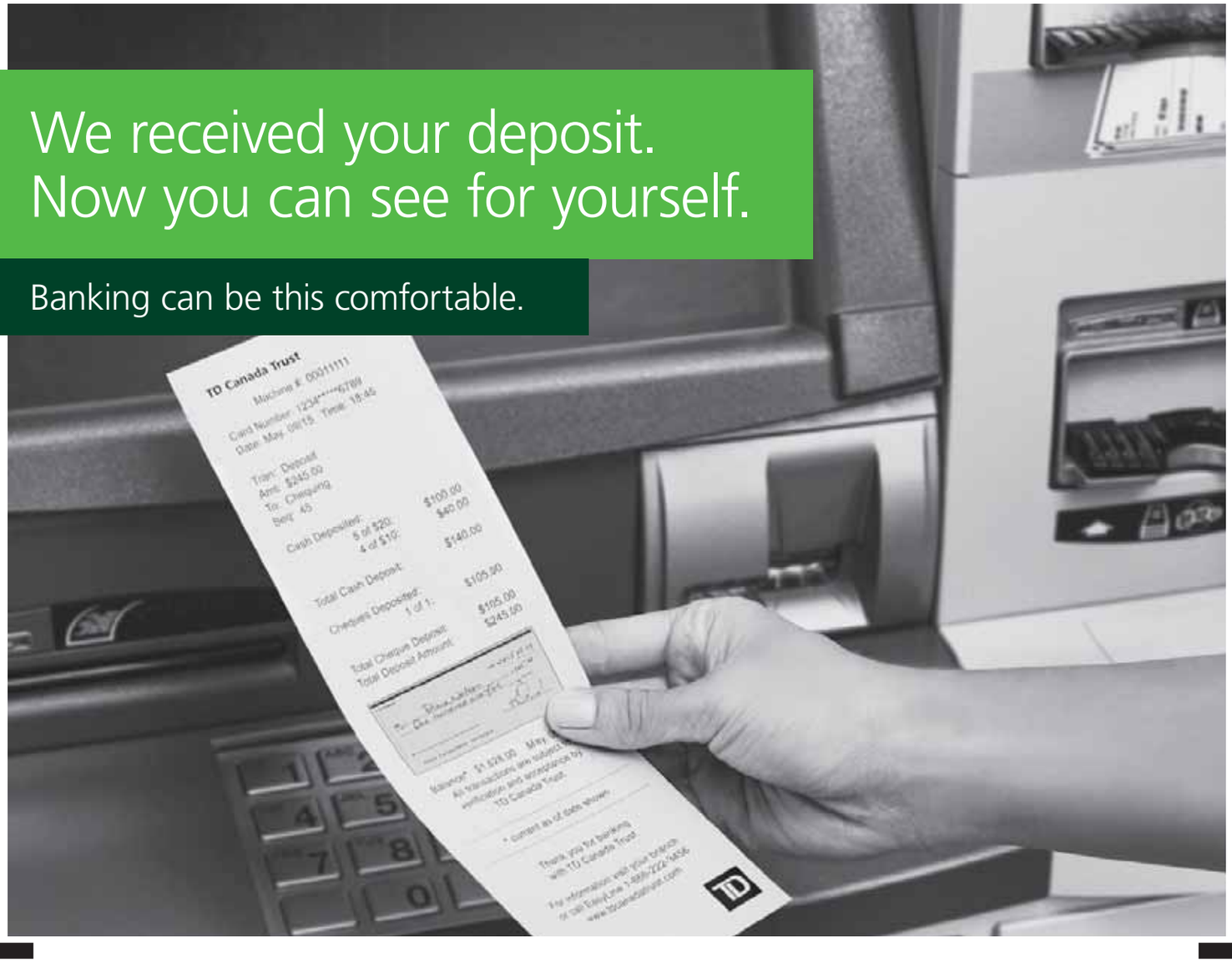
Brian Phillips faces various charges after a delivery van was stolen from downtown Vancouver early Monday morning. The victim returned from a 6 a.m. delivery to see the truck pulling away.

Minutes later, police watched as the van was driven by the police station before the driver parked and walked into a coffee shop.

The officers followed, arresting the man after a brief struggle. THE CANADIAN PRESS

We received your deposit. Now you can see for yourself.

Banking can be this comfortable.



metro AR

See this new feature in action.
Scan with the Metro app.

Thanks to envelope-free deposits, our new ATMs can now print scanned images of your cheque deposits on your receipt and count your cash deposits for you. That way, you'll have an easier time keeping track of your money. We're always trying to find ways to make banking more comfortable.

Try it today at your nearest branch[1]

TD

[1] New features not yet available at all ATM locations but will be by Fall 2015. Currently available at over 2,000 ATMs. ® The TD logo and other trade-marks are the property of The Toronto-Dominion Bank.

Make the most of their school year with iPad Air

iPad Air 2

Now $0 down*

with **Easy Pay**™ and receive a free GB of data for a year**
when you activate on a 2-yr. **Share Everything**™ plan.

24 monthly payments of $28.70 at 0% APR. No term $689. Excludes taxes and Connection Fee.

To learn more, visit rogers.com

ROGERS™

*A Connection Fee of $20 per line will appear on your invoice. Taxes on no-term price apply in all cases. *$0 down on approved credit (0% APR) with 24-month device financing agreement ("DFA") on an in-market Share Everything plan with tablet additional line. Payment of outstanding balance due upon termination of DFA or Share Everything tablet additional line, downgrade to an ineligible plan or transfer of responsibility. **Offer available to new and existing customers activating a tablet additional line on a 2-yr. term to their Share Everything plan by Sept. 11/15. Bonus 1GB data applies only to the tablet line (not shareable) for 1 year and will be consumed prior to any shared plan data being consumed by the tablet.

B.C. instructor exposes Vancouver to naked yoga

RECREATION

Chandra Lokah has the skinny on the latest trend

Thandi Fletcher
Metro | Vancouver

Before they drop $98 on a pair of Lululemon pants, a British Columbia yoga instructor is urging Vancouverites to try this new trend in the ancient spiritual practice: naked yoga.

Chandra Lokah, who teaches yoga and meditation in Kelowna, is bringing her women-only clothing-optional yoga class to the Sacred Space Community Studio in Kitsilano on Saturday.

She said the workshop is designed to inspire yoga practitioners and help uncover their "authentic being."

"Getting naked is a metaphor for taking off layers, not only physical clothes but also the mental and spiritual aspects," she told Metro. "It's about realizing that the external clothes that we wear are not important. When we take off our clothes, we realize that we are all the same. "

Nude yoga is not a new trend in B.C.

Fellow Kelowna yoga instructor Suzie Doratti has been leading nude yoga classes since 2010. In the coastal community of Metchosin on Vancouver Island, Skyclad Yoga has also offered clothing-optional yoga classes for both men and women since 2006.

Chandra Lokah is teaching a women-only naked yoga workshop in Vancouver on Saturday.
COURTESY MAKKIE PHOTOS

But Saturday's class, which is being offered by donation, is believed to be the first women-only naked yoga class to be held in Vancouver. (Nude Dude Yoga offers a tantric workshop at its West End location in Vancouver, but that class is for men only.)

Lokah said she came up with the idea to teach clothing-optional yoga after reflecting on her own personal experience feeling uncomfortable in the nude.

Growing up overweight, she said she lost weight as an adult and became incredibly self-conscious about her body. It was only after she started embracing nudity at home and eventually at nude beaches and in the yoga studio that she started to feel confident in her own skin.

Last summer, she said she was hiking in the buff with a friend when the idea came to her.

Realizing how commercialized yoga has become, with many students becoming more concerned with how they look, instead of how they feel, she said she wanted to help yogis realize that wearing expensive brands like Lululemon doesn't define them as a person.

At her first nude yoga class in Kelowna, she said many women at first said they would be keeping their clothes on. But once they were in a "safe space" with only women, they all quickly stripped down for the class, she said.

"It's hard for people to take their clothes off and be vulnerable," she said. "But when everyone is in the same boat, and it's female only, we realize that we're all just here expressing and doing the postures and the breathing in order to become healthier and happier and more peaceful."

In a world where women are often bombarded with images of unrealistic beauty standards, Lokah said naked yoga can help many women accept their bodies and gain confidence.

"Everyone has had a lot of amazing experiences realizing their own beauty and realizing that there's nothing to be ashamed of," she said. "They're just as beautiful and human and weird as everyone else."

Naked, a female-only yoga class, starts 7:30 p.m. on Saturday at the Sacred Space Community Studio on West 4th Avenue. Guests are asked to bring a paper and pen to take part in a journal meditation exercise. Yoga mats are not necessary, and the class is by donation only.

DREAM JOB

Contest winners discuss trip across the country

Emily Jackson
Metro | Vancouver

The verdict is in: Being paid to camp and travel across Canada for nearly five months really is a dream job.

Whistler residents Magee Walker and Cedric Schell, one of two couples selected for outdoor gear company Woods Canada's dream job contest to get paid $20,000 apiece to travel the Trans Canada Trail, told Metro about their journey as it wraps up in Toronto this week.

"I'd definitely do it again," Schell, 29, said Monday of the pair's trip to eight provinces and one territory. They hiked, canoed, kayaked and rode horses, all the while snapping photos and videos to promote the company.

"We've always wanted to travel Canada. We went to places we didn't even know existed," Walker, 28, said.

She was surprised by how much she loved Quetico Provincial Park in Ontario, and he was thrilled to see the northern lights while camping by the Mackenzie River in the Northwest Territories.

Not that there weren't any challenges.

"We've been together for two years, but we never really worked together. It's a different kind of dynamic for the relationship aspect," Walker said. They had to negotiate who would do what, all the while dealing with tough weather and physically exhausting situations.

Cedric Schell fishes in Quetico Provincial Park in Ontario.
INSTAGRAM/WOODS CANADA

"It tests you, it pushes you… you either finish stronger than ever or you break up," she said with a laugh.

The contest appears to have been a good marketing campaign for Woods, too. The company racked up thousands of social media followers and received hundreds of likes on Facebook and Instagram pictures and videos.

Walker and Schell are on their way back to Whistler, where he is a paramedic and a firefighter and she a freelance writer.

They hope they can do more trips with him shooting photos and her writing about the experience.

The pair hopes Woods holds the contest again next year so other people can share their experience.

IN BRIEF

Coroner's inquest called into fatal police shooting

A coroner's inquest has been called into the death of a 48-year-old man who was shot by police during an armed standoff outside a casino in New Westminster, B.C.

Mehrdad Bayrami died in hospital in November 2012, 10 days after he was shot in the abdomen.

Const. Jordan MacWilliams of the Delta Police Department was charged with second-degree murder but the charge was dropped this past July. The Criminal Justice Branch said the available evidence didn't support a viable prosecution of MacWilliams.

The inquest is scheduled to begin next February, when jurors will hear evidence from witnesses under oath before making recommendations aimed at preventing similar deaths.

MacWilliams also faces a civil lawsuit from Bayrami's daughter, who has accused the officer of gross negligence and malicious misconduct. None of the allegations have been tested in court.

THE CANADIAN PRESS

Metro Vancouver water restrictions eased

Residents in the Vancouver area can turn on their lawn sprinklers in the morning under eased watering restrictions.

Metro Vancouver, the authority that governs water use for 21 local cities and municipalities, has downgraded its water restrictions to Stage 1. Stage 3 restrictions prohibiting residential lawn watering were implemented in mid-July because hot dry weather and increased water use reduced the level of local reservoirs.

Stage 1 restrictions will remain in place until Oct. 15 and allow residents to water their lawns in the morning but not in the evening, when demand for water is highest. THE CANADIAN PRESS

Outdoorsman found safe

A 74-year-old Metro Vancouver hunter has been found safe after spending a chilly night in the bush near Likely, B.C.

RCMP in Williams Lake say the man was spotted mid-morning Tuesday, about 16 hours after he was reported overdue while hunting with two others in the Cariboo. Cpl. Dave Tyreman says the experienced outdoorsman is in good condition, despite the unexpected overnight stay in the woods. THE CANADIAN PRESS

READY TO ENGAGE

Metro's coast-to-coast daily election series connects young, urban Canadians to the issues they care about

VOTER PROFILE

Name: Jerilynn Webster **Age:** 30 **Riding:** Vancouver East
Her issues: Missing/murdered women, environment, refugees, youth in care, reconciliation with First Nations

Spitting fire in search of 'true reconciliation'

ROSEMARY WESTWOOD
in Vancouver

Jerilynn Webster is, in her own words, killing this interview.

"I'm on fire!" she says, dancing in her seat at a Vancouver café. "Comin' correct, Ashley Callingbull-styles. I'm charged up. Hashtag Drake-styles. I'm Drake. Conservatives, you're Meek Mill."

The 30-year-old rapper — who goes by JB the First Lady — is listing her top five election issues, punctuating each point by looking me dead in the eyes, holding my gaze for a beat of silence.

The list goes like this:

1. A missing and murdered Indigenous women's inquiry. "If it was any other race, there would be something done about it," she says. "The Conservatives said they don't feel like there needs to be any information, or inquiry. I want someone who's going to push for it."

2. Environmental policy. "Someone who's not into selling, ruining the land, or poisoning the waters. Someone who is for protection. Someone who is for sustainable energy." In the midst of global warming, this election, she says, "is for Mother Earth."

3. Welcoming refugees. "No humans should be 'illegal,'" she says, and mentions Alan Kurdi, the boy found on the shores of Turkey. "We're responsible for deaths like that, especially if we live in a place where there's abundance. We need to make sure that's accessible for children."

4. Youth in care. Over half of all kids in provincial care in B.C. are indigenous. Webster wants that to change. She compares the situation to the residential school system, and wants more support for children transitioning out of government care, too. "We need to take care of our children."

5. Reconciliation with indigenous Canadians. This is an overarching issue, she says. "True reconciliation — there would be justice for all categories."

I tell her it's clear she's thought a lot about what she wants. "Girl, someone pay for my campaign!" she says.

Webster, who is part of the group Enter Tribal, released her first album in 2008. She says hip hop is a modern evolution of her people's oral-history tradition. Storytelling is a responsibility.

"And I don't take it lightly."

Her voice is her politics, and her politics — she's at pains to note — are her own, not a token representation of other indigenous people, some of who don't believe in voting. She sees voting as resistance: "My grandmother was not allowed to vote. My grandfather was not allowed to vote. And now I can research, and I can ask questions. Push back. Push forward.

"The reason we have missing and murdered aboriginal women, environmental problems, is because the genocide is still happening."

Rosemary Westwood is travelling across the country talking to young voters. Tomorrow she's in Calgary.

Not just jobs — quality jobs

ECONOMY

Young people struggling to find meaningful well-paid work

Michael Woods
Metro | Ottawa

It's a situation familiar to many young Canadians: graduate from university or college with a mountain of debt, find low-paying, precarious employment, and be squeezed when it's time to buy a house or start a family.

Today's 25-to-34-year-old earns thousands of dollars less for full-time work today than in 1976, and skyrocketing housing prices disproportionately favour older Canadians.

Governments aren't helping. Federal and provincial governments combine to spend over $33,000 per person over 65, but spend less than $12,000 per person under 45, according to the calculations of Paul Kershaw, a professor at the University of British Columbia and founder of Generation Squeeze, a national non-profit building a lobby group for younger Canadians.

"It might be OK to have that big gap if young Canadians were doing wonderfully in the marketplace, but we're not," Kershaw says. "Things have gotten much worse for us compared to a few decades ago."

For many, the cycle starts with post-secondary education. Canadians are graduating with record levels of debt: national average tuition fees have increased more than 155 per cent, adjusted for inflation, from 1990 to 2014, according to the Canadian Federation of Students.

Rebecca Blakey, 26, an Ottawa native who now lives in Edmonton, has an undergraduate and master's degree in English. She worked jobs in the manufacturing and non-profit sectors before her current job as an administrator at the University of Alberta.

She has a student line of credit that she's been paying off for four years, and will be for another three. And she's tired of the rhetoric

> **"I take to heart this notion that desperate people make ideal workers and distracted citizens."**
> Rebecca Blakey, 26

"A lot of people, especially people in older generations, are like: 'What it takes is for you to just get a good job,'" she says.

"It's all fine and well to say everybody needs jobs, but what are the conditions that lead to those people being desperate and needing those jobs?"

Indeed, the youth unemployment rate has been above 13 per cent since before the 2008 recession, about twice the national average. But the underemployment rate — those in precarious, part-time work or lower-paying jobs not in their field, makes up another 29 per cent.

So what would the federal political parties do about it? In the past month, the two main opposition parties have released plans to address youth unemployment.

The NDP pledges $200 million over four years to help create more than 40,000 jobs, paid internships and co-op placements for youth, as well as to crack down on unpaid internships. The Liberals promise $1.3 billion over three years, including $300 million annually for a youth employment strategy.

Kaylie Tiessen, an economist at the Canadian Centre for Policy Alternatives, said those proposals are "great, but they're just a step in the right direction."

She points out that the co-op placements and internships promised in the platforms would be entry-level, resumé-padding positions of little use to many underemployed young people, whose resumés are already great. The problem, she says, lies in helping young workers move past low-level jobs into quality, full-time work.

"I'd really like to see a bigger-picture plan here, where we're looking at creating youth jobs, but also looking at building better jobs so that youth who are underemployed can move into jobs they've studied for," she said.

BY THE NUMBERS

Millennial's burden

Research by the lobby group Generation Squeeze compares what 25-34-year-olds face today vs. in 1976. (All figures averages)

Student debt: $23K (up 43%)
5
Additional years of work required to save a down payment.
Annual earnings: $42,480 (down 9%)
Housing prices: $408,068 (up 97%)

Conservative Leader Stephen Harper speaks to supporters while campaigning Tuesday in Winnipeg. RYAN REMIORZ/THE CANADIAN PRESS

Harper defends Fox funding offer

ELECTION 2015

Foundation requested contributions, Harper says

Stephen Harper defended his party Tuesday against accusations of politicizing Canadian icon Terry Fox, saying the foundation in the Marathon of Hope runner's name put forward the very ideas on cancer research funding the Conservatives announced over the weekend.

The Conservatives promised that if re-elected, they would match all donations raised during this year's Terry Fox Run, fund a cancer prevention centre in Vancouver and renew existing funding for a national treatment and prevention centre.

"In August of this year we received a request from the Terry Fox Institute and the Terry Fox Foundation for the kinds of contributions and matching funds we're setting up," Harper said.

"We fulfilled that request; I think it's a great policy."

The Conservative announcement came in for criticism after Conservative MP James Moore described the Fox family as enthusiastically welcoming the program, which the family itself said they never did.

In an Aug. 31 letter to Harper, however, both organizations do make a pitch for greater financial support of cancer research.

The letter makes a specific demand — that the federal government help them expand their pilot project connecting high-performing cancer research hospitals to help them share data.

The letter, circulated Tuesday by the Conservatives, makes no mention of the matching funds commitment nor the prevention centre in Vancouver.

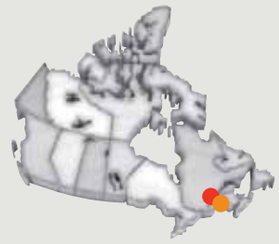
The Conservative party has acknowledged they might be causing some tension.

"It was mistakenly indicated that the funding requested and welcomed by the Terry Fox Research Foundation was done so on behalf of the family," the party said in a statement.

"We regret any confusion this may have caused.''

THE CANADIAN PRESS

WHERE THE LEADERS ARE WEDNESDAY



- **Stephen Harper** has no events scheduled.
- **Justin Trudeau** will be in Montreal.
- **Tom Mulcair** will also be in Montreal.
- **Elizabeth May** has no events scheduled.

CRIME

Ottawa on alert after 3 killings

Joe Lofaro
Metro | Ottawa

Downtown Ottawa was on heightened alert for part of the day Tuesday as police acted on information that an armed man was headed to the capital region after three women were killed about two hours west of the city.

Security on Parliament Hill was visibly beefed up as a larger contingent of RCMP officers carrying automatic weapons patrolled the front lawn under the Peace Tower.

A few blocks away, several unmarked and marked Ottawa police cruisers surrounded the entrance of Langevin Morris Smith LLP, a law firm located at 190 O'Connor St., which, according to a source, was in lockdown.

It was not clear why the office was taking the precaution or what relation it has to the suspect, if any.

At around 2:30 p.m. Tuesday, Ottawa police arrested a 57-year-old suspect in Kinburn, Ont., just west of Ottawa.

The OPP later revealed the shooter was wanted in connection with the homicides of three women, whose bodies were discovered in Wilno, Foymont and Kinburn Tuesday morning.

We want to give you, our clients, a heartfelt thank you for your ongoing support of the Canadian Breast Cancer Foundation CIBC Run for the Cure†. In celebration of Client Appreciation Day on September 25, 2015, CIBC will make a $1 donation to Canadian Breast Cancer Foundation for every client who makes a CIBC eDeposit® transaction[1].

Visit any branch on September 25 for treats and our personal thank you or cibc.com/clientappreciation to learn more.

#CIBCAppreciation

Canadian Breast Cancer Foundation
CIBC Run for the Cure†

CIBC

Canadian Breast Cancer Foundation

[1] Limited to one $1 donation per client who completes a CIBC eDeposit® transaction during the promotion period. Other conditions may apply.
† Canadian Breast Cancer Foundation, Run for the Cure and pink ribbon ellipse are trademarks of the Canadian Breast Cancer Foundation.
® Registered trademark of CIBC.

YOU CHOOSE!

NEW 2015 GMC SIERRA

140 IN STOCK!

NEW 2015 CHEVY SILVERADO

120 IN STOCK!

0% Financing 84 Months plus up to $5,000 Discount

NEW 2015 CHEVY TRAX

70 IN STOCK!

0% Financing For 84 Months or $3,000 Discount

2015 CHEVY EQUINOX

30 IN STOCK!

0% Financing For 84 Months or $4,000 Discount

NEW 2015 BUICK ENCORE

20 IN STOCK!

0% Financing For 84 Months or $3,000 Discount

2015 CHEVROLET MALIBU LT

4 Cyl Ecotec Engine, 10 Airbags, Cruise Control, 6-Speaker Audio, 16" Aluminum Wheels, Remote Keyless Entry, Power Windows

OVER 30 TO CHOOSE

#6589 **ONLY $17,988**

MSRP $30,500

You Save $12,512

2014 CHEVROLET CRUZE LT TURBO

6 Speed Automatic, 10 Airbags, A/C, Remote Keyless Entry, Power Windows & Doors, ABS, Stabilitrak, XM Radio, OnStar

HURRY IN!

#6241 **ONLY $14,995**

EAGLE RIDGE
Chevrolet | Buick | GMC

DL#8214

2595 Barnet Highway, Coquitlam (2 blocks west of Coquitlam Centre)

604-507-6686

www.eagleridgegm.com

All prices & payments are net of all incentives and are plus taxes, levies and $495 documentation fee and $100 air conditioning tax. Vehicles are not exactly as illustrated. All financing is OAC. All payments are bi-weekly.

Buy of a Lifetime!

LOWEST PRICES/ LOWEST PAYMENTS/ NO PAYMENTS FOR 6 MONTHS

2014 Chrysler Town & Country

#6160, Luxury, Fully Loaded, Power Liftgate, Dual Power Sliders, Media Center, Fancy Alloy Wheels

TP $28,288

PRICE **$19,995** — **$136 PMT**

2014 Chevrolet Equinox AWD

#5778, Auto, air, loaded, alloys

TP $28,288

PRICE **$19,995** — **$136 PMT**

2014 Hyundai Sonata GLS

#6314, Auto, air, loaded, alloys (Sunroof)

TP $23,712

PRICE **$16,495** — **$114 PMT**

2014 Hyundai Elantra

#6635, Auto, air, power windows, loaded

TP $21,076

PRICE **$13,995** — **$97 PMT**

2014 Hyundai Accent 5DR

#6627, Auto, air, power windows, loaded

TP $17,472

PRICE **$11,995** — **$84 PMT**

2015 Nissan Altima

#6602, Auto, air, power windows, loaded

TP $22,584

PRICE **$17,995** — **$123 PMT**

BUYS OF THE WEEK

2000	Chrysler Neon	$1,888	#0470	2012	Fiat 500 Sport	$9,995	#6220
2002	Kia Spectra	$1,995	#6054	2013	Hyundai Sonata	$13,777	#5758
2006	Ford Taurus	$2,888	#6466	2012	Mitsubishi Spyder Convertible	$14,995	#0655
2006	Ford Crown Victoria	$2,995	#5600	2015	Kia Sorento AWD	$22,888	#6564
2004	Ford Expedition	$3,888	#6280	2015	Buick Lacrosse	$26,995	#6559
2007	Chrysler 300 Limited	$6,888	#6529	2015	Hyundai Genesis	$33,995	#6556
2008	Hyundai Sonata GLS	$6,995	#5969	2012	BMW X6	$38,888	#6352
2009	Chevrolet Impala LT	$6,995	#6201				

NEW CAR HOTLINE
604-507-6686
USED CAR HOTLINE
604-543-1829

www.eagleridgegm.com

*All payments are bi-weekly 96 months / 4.99%.

PHILIPPINES

Canadians abducted from upscale resort

Gunmen abducted two Canadians, including a former mining company executive, a Filipino woman and the Norwegian marina manager at an upscale resort complex on a southern Philippine island, sparking an air and sea search by authorities, officials said on Tuesday.

At least 11 men armed with pistols and two rifles arrived on two motorboats and entered the Holiday Ocean View Samal Resort before midnight Monday on Samal Island off Davao City, military and police officials said, citing witnesses and a security video that captured part of the kidnapping.

The gunmen attempted to seize an American and his Japanese companion on one of the yachts docked at the marina, but the couple resisted and escaped by jumping off the boat.

Amid the commotion, Canadians John Ridsdel and Robert Hall and the Filipino woman, Teresita Flor, rushed out of their yacht and were taken. Norwegian Kjartan Sekkingstad, who was the resort's marina manager, was seized when he approached to check what was happening.

THE ASSOCIATED PRESS

PETA wants monkey to own selfie rights

A macaque monkey who took now-famous selfie photographs should be declared the copyright owner of the photos, rather than the nature photographer who positioned the camera, animal-rights activists contend in a novel lawsuit.

The suit was filed Tuesday in San Francisco by People for the Ethical Treatment of Animals.

The photos have been widely distributed by outlets which contend that no one owns the copyright to the images because they were taken by an animal, not a person.

THE ASSOCIATED PRESS

EU deal on refugees strains group's ties

metro The Syrian Crisis
The agreement

Four nations vote against relocation plan

At a contentious meeting, European Union ministers agreed Tuesday to relocate 120,000 refugees among the bloc to ease the strains on front-line nations like Greece and Italy, which are being overwhelmed by the migrant crisis.

But in a sign of deep-rooted divisions among the bloc's 28 nations, the ministers who often reach decisions by consensus had to put the plan to a vote. And even with Tuesday's hard-won agreement, the sheer numbers of migrants already in Europe this year — over 477,900 — shows the need for much greater action and wider vision down the road.

Police officers hold back a man in Opatovac, Croatia, Tuesday, after scuffles broke out outside a new reception centre meant to register those seeking sanctuary in Europe. MARKO

> **They can't choose what country they go to ...**
> Thomas de Maiziere

Milan Chovanec, the Czech Republic's interior minister, said four nations — the Czech Republic, Slovakia, Romania and Hungary — all voted against the plan and Finland abstained.

The deal did not set mandatory quotas for each nation — one of the most controversial aspects of the proposed plan. But German Interior Minister Thomas de Maiziere said the deal cut "secondary migration," in which those seeking asylum move from one country to another within Europe.

"If people are distributed in Europe, then they can't choose what country they go to. They have to stay in the country they were distributed to," he said.

Hours before the ministers talked in Brussels, migrants scuffled with police at a transit camp in Croatia and nations in southeast Europe scolded and threatened each other as the unrelenting flow of asylum-seekers raised diplomatic tensions to a boiling point.

Tensions between Serbia and Croatia took a sharp turn for the worse, with Serbia giving Croatia an ultimatum to reopen its border — or risk unspecified counter-measures.

THE ASSOCIATED PRESS

IMMEDIATE POSITIONS AVAILABLE IN DELTA & NEW WESTMINSTER, BC

LOOKING FOR A NEW JOB? CHECK!

We have immediate openings on our growing team

apply.smjobs.com/amazon

JOIN OUR TEAM IN DELTA, JOB CODE: 908S
NEW WESTMINSTER, JOB CODE: 914A

- NIGHT SHIFT AVAILABLE
  This shift comes with a premium
- Competitive payrates; Weekly paychecks
- Full-time schedules; Night shift available
- Casual dress environment; Commuter friendly

APPLY ONLINE OR CALL 604-449-6755
Stop by the Staff Management Recruiting Office
644 Columbia Street • New Westminster, BC V3M1A9

#SMXJOBSNOW staff management | smx
a TRUEBLUE company

TECHNOLOGY

Apple Watch fixes quirks

Apple Watch's new software brings useful enhancements, though it's not the same as getting a new watch.

That same watch can now do more. For the first time, non-Apple apps are able to display video and use the watch's sensors and controls. In addition, the watch now works with Wi-Fi, extending how far you can go without a phone with you. These enhancements address many initial frustrations with the watch.

But the hardware itself isn't changing, apart for some new colour and band choices. Promised battery life remains at 18 hours, something Apple will need to address in upcoming generations given that rival smartwatches are promising more. For now, you might need to buy a spare charger.

To update the watch, first make sure your phone has the latest software, iOS 9. Then go to the Apple Watch app on the phone, choose "General" and then "Software Update."

Apple's own fitness apps are smarter with Monday's update:

Before, the watch displayed only current pace during runs. Average pace is more useful, as it factors in the occasional errant readings. The watch finally lets you choose that instead, though you need to dig in the settings on the phone to change that.

The watch tracks mile-by-mile splits for the first time, matching what many apps, the Fitbit Surge and the Microsoft Band offer. It's not the same as choosing your own splits manually, such as after each lap on a track. But it's progress. The splits aren't displayed on the watch, though, but in the Activity app on the phone after you sync your workout.

The nagging reminders that you need to stand up if you've been sitting at your desk for too long can be paused if you happen to be on a flight or a road trip. And it's clearer whether you've already earned credit for standing during a given hour. A blinking blue bar appears in the Activity app on the watch if you haven't yet.

You also have more choices for watch faces: Choose photos of your kids or friends to appear on the main watch screen.

THE ASSOCIATED PRESS

Attendees check out the product at a company event in March. THE ASSOCIATED PRESS FILE

watchOS 2

Delayed a week

The watchOS 2 update for Apple Watch arrived Monday, delayed by nearly a week as Apple fixed an unspecified bug.

IN BRIEF

Groupon to cut 1,100 jobs as it shrinks global ops

Groupon is cutting 1,100 jobs in the coming year, roughly 10 per cent of its workforce. The e-commerce and online deals company said in a blog post Tuesday that the cuts are mainly in its international business. Having already closed its operations in Greece and Turkey, Groupon said it is also leaving Morocco, Panama, the Philippines, Puerto Rico, Taiwan, Thailand and Uruguay. The company said it wants to focus on fewer countries.

THE ASSOCIATED PRESS

market minute

DOLLAR
75.43¢ (-0.07¢)

TSX
13,491.09 (-288.35)

OIL
$46.36 US (-60¢)

GOLD
$1,124.80 US (-$8.00)

NATURAL GAS: $2.577 US (+0.4¢)
DOW JONES: 16,330.47 (-179.72)

metro VIEWS

Rock on: A new method of extracting water from asteroids could bring long-haul spaceflight closer — though not everyone agrees the whole universe should be ours to mine for resources.

TIM HARPER: ON CONSERVATIVE CANDIDATE JOE DANIEL

In a video obtained by the Star, Daniel offered this warning to voters in Don Valley North: "So I think there is a different agenda going on in terms of these refugees."

On the same weekend Conservatives expedited a refugee processing system in a nod to what they called "Canadian generosity," one of their candidates seeking re-election was telling voters about an "agenda" to move Muslims into European countries.

And that is something Joe Daniel doesn't want to see in Canada.

In a video obtained by the Star, Daniel offered this warning to voters in Don Valley North: "So I think there is a different agenda going on in terms of these refugees.

"Whereas at the same time Saudi Arabia is putting up money for 200 mosques in Germany I think the agenda is to move as many Muslims into some of these European countries to change these countries in a major way.

"That is something that I certainly don't want to see happening in Canada. I think Canada is the greatest country in the world."

One GTA Liberal candidate who has seen the video called it an "outrageous . . . conspiracy theory to promote fear and hatred."

What exactly does Daniel mean with these words? Neither he nor the Conservative party attempted to clarify his remarks.

Comments like those from Daniel indicate this issue will linger. And legitimate questions will be raised as to how many Conservative candidates might be at least leaning in his direction.

Instead, he issued a statement Tuesday evening, relayed from party headquarters, pledging support for Stephen Harper's three-pronged approach to the ongoing crisis and "support of the government's recent additional action on refugees, while still ensuring that rigorous security standards are maintained for the safety and security of Canadians."

Daniel would not do a phone interview. He recently made news after his office told the Ottawa Citizen that he would be available to do interviews only after his re-election and then told the Star that he would work to his own deadlines, not the media's deadlines, in deciding whether he would return a phone call.

CONTROVERSIAL COMMENTS Conservative candidate Joe Daniel, right, was caught on video apparently suggesting "the refugee crisis was some type of conspiracy to plant Muslims in Europe," writes Tim Harper. JOEDANIEL.CA

Daniel, a 60-year-old native of Tanzania, was first elected in 2011, but he left little footprint in Ottawa.

He was clearly referring to a Saudi offer that has garnered some controversy in Germany.

The offer to build the mosques for Syrian refugees in Germany has been described as Saudis offering a place to pray, not a place to stay.

A couple of German politicians branded the move cynical, adding Germany doesn't need the funds, and the refugees need solidarity from the Arab world, not offers of money for Germany.

Until Daniel arrived on the scene, making his comments at an informal meet-the-candidates forum at a barbecue in his riding, no one had suggested — as the video appears to — the refugee crisis was some type of conspiracy to plant Muslims in Europe to change the face of the continent.

Earlier in the campaign, when this issue first flared, one GTA Conservative candidate, speaking on background, told the Star that, if anything, criticism of Harper's approach was "hardening our vote."

In an interview with the Star's Tonda MacCharles, Conservative candidate Bal Gosal (Brampton-Centre), said supporters in his riding "don't want them. The majority of people don't want them (Syrian refugees)."

According to the Ottawa Citizen, star Conservative candidate Dianne Watts in Surrey South-White Rock (B.C.) retweeted a message implying the Islamic State had "orchestrated" the migration of Syrian refugees. The re-tweet has since been deleted.

Ottawa is speeding the process of getting 10,000 Syrian refugees to this country, but the Liberals have called for the welcoming of 25,000 at a cost of $100 million.

The NDP has promised to bring 10,000 refugees from Syria by the end of 2015 and to resettle 9,000 more every year until 2019.

Liberal Rob Oliphant, a former MP seeking to regain a seat in neighbouring Don Valley West, is a United Church minister. His congregation has sponsored refugee families from Colombia and Afghanistan.

He said he wants Stephen Harper to repudiate Daniel because the Conservative leader has a candidate who is using a religious group to divide Canadians and is using women and children fleeing Syria to sow fear in this country.

There had been a sense in some quarters that the refugee announcement by Immigration Minister Chris Alexander may have helped Conservatives turn the corner on the refugee question. The pivot may have been viewed as cynical or a bid to inoculate Conservatives from wider criticism even if it is not threatening support among their base.

But comments like those from Daniel indicate this issue will linger. And legitimate questions will be raised as to how many Conservative candidates might be at least leaning in his direction.

Tim Harper is a national affairs writer. His column appears in the Toronto Star on Monday, Wednesday and Friday.

URBAN ETIQUETTE
ELLEN VANSTONE

Two people in my office are having an affair. It's against the rules. Should I tell them I know?

Dear Ellen,

I just found out two people in my office are having an affair, which is against the rules. I don't want to report it, but should I tell them I know?

Teri, Halifax

Dear Teri,

Could you be any more circumspect? Details! Details! And I don't mean salacious ones — it would be crass to pass along graphic descriptions of who's grinding whom up against the supply closet.

Before I can give advice, I need to know more about these rules. Unless you're working in the front office of a nunnery, or all the employees are underage — in which case, there is a much more pressing issue of child labour — it's not kosher for your employer to forbid inter-office liaisons.

Not that getting intimate with co-workers is smart. Let's just say it's best to ingest food in one location, and to eliminate bodily waste products in another, different location.

I'm not saying there should be no rules at all. A workplace should make it clear senior staff are forbidden intimate relationships with juniors, and especially with any employee who directly reports to them. The reasons are endless: The power imbalance might make the junior employee feel coerced, the junior employee might exert their own sexual power to get favours from the manager. Other employees may assume the junior employee is getting special treatment and resent it.

Finally, if by "affair," you mean one or both the participants are married, then you do have a problem. Just knowing about it can make you feel implicated in lies, which isn't good for morale or the soul.

And yet, people fall in love, sometimes with people they shouldn't. You can't force nature, or human nature, to behave just because you said so. If you're dealing with two people who are truly in love, scrupulously respecting the hierarchy at the office and discreetly pursuing a relationship, that's nobody's business. Not so if you're being subjected to distasteful displays of workplace lust. As a general rule, try to stay out of either situation. It's like dealing with disgusting items in the work fridge or disgusting messes in the company bathroom: You just gotta grit your teeth and accept it.

metro
Your essential daily news

STAR MEDIA GROUP PRESIDENT
John Cruickshank

VICE PRESIDENT & EDITOR
Cathrin Bradbury

VICE PRESIDENT & GROUP PUBLISHER METRO WESTERN CANADA
Steve Shrout

MANAGING EDITOR VANCOUVER
Jeff Hodson

ADVERTISER INQUIRIES
adinfovancouver@metronews.ca
General phone 604-602-1002

FREE TO SHARE

PHILOSOPHER CAT
by Jason Logan

DID YOU KNOW ELECTRICIANS IN BC CAN EARN UP TO $38/HR?*

Train in our on-site labs from experienced industry professionals! Apply for the Construction Electrician Foundation program and you can earn your diploma in less than a year.

VANCOUVER CAREER COLLEGE ALSO OFFERS PROGRAMS IN:

- Early Childhood Education
- Health Care Assistant
- Paralegal
- And More!

ASK ABOUT OUR EVENING CLASSES!

Financial assistance may be available to qualified applicants.

*jobbank.gc.ca

Call **1-800-993-4086** or visit **study.vccollege.ca**

VANCOUVER CAREER COLLEGE

The Art Institute of Vancouver®
CREATIVITY for LIFE
ACTING
PROGRAMS STARTING FALL 2015

metro LIFE
Your essential daily news

Glee actor Chris Colfer signs multi-year deal for his Land of Stories fantasy books

Everybody's done it like he did it

FOOD

Drake is just one of many Canadian celebs getting in the eatery biz

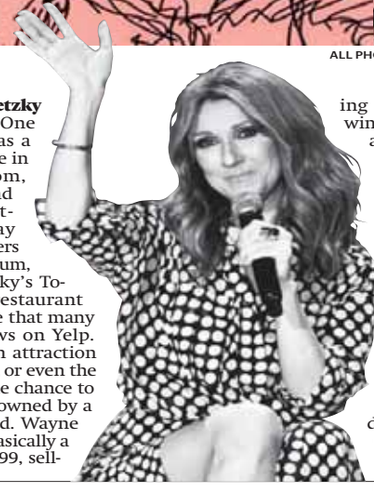
Melissa Dunne
For Metro Canada

Beyoncé dropped a surprise album, now Drake has dropped a surprise restaurant.

The rapper reportedly rolled up in a Rolls-Royce to his star-studded party for Fring's in the heart of The Six Monday night. Details are scarce, but Fring's is said to be a collaboration with celebrity chef Susur Lee and his two sons, who are relatively new to the restaurant game.

Toronto's very own follows in the footsteps of several fellow Canadian entertainers who gotten into the brutally competitive food business over the years, with many getting burned in the process. But, hey, YOLO, right?

ALL PHOTOS: INSTAGRAM/GETTY IMAGES. ILLUSTRATION BY FERNANDO CICCOTOSTO



Wayne Gretzky

The Great One reportedly has a minority stake in a dining room, sports bar and rooftop patio steps away from the Rogers Centre called, um, Wayne Gretzky's Toronto. The restaurant doesn't have that many great reviews on Yelp. But, the main attraction isn't the food, or even the drinks, but the chance to be in a place owned by a hockey legend. Wayne Gretzky's is basically a shrine to No. 99, selling Gretzky-branded wine, tank tops, caps and even mugs. If the music money dries up, perhaps Drake should consider selling tees with an X through Meek Mill's face on them and The Six stickers at Fring's.

Ryan Gosling

Hey girl, did you know London, Ont.'s Ryan Gosling co-founded Tangine Beverly Hills? The restaurant website, for some reason, has a closeup shot of a light bulb instead of one of Gosling's abs from that Emma Stone movie. The food at the "Moroccan hideaway in Beverly Hills" has gotten solid reviews, but over the years Yelpers have given Gosling bad reviews for not visiting the resto often enough for their taste. Likewise, Fring's customers are gonna want to see Aubrey Graham and his newly swole physique at his new King West spot like every day, every day.

Céline Dion

Charlemange, Que.'s, Céline Dion may be back performing in Las Vegas these days, but she hasn't forgotten La Belle Province. She co-founded the mercilessly mocked Nickels restaurant chain in the '90s. Dion has since moved on. These days, the chanteuse and her husband are reportedly part of a group who now own the iconic Schwartz's Deli in Montreal. When the delicatessen started selling its famous smoked meat in supermarkets purists were très upset. Hopefully a diss track about Fring's specialties at your local Loblaws isn't in Drake's future.

Ivan Reitman

If you want some world-famous roast chicken who you gonna call? Ivan Reitman! That's because the Canadian-bred director and actor is part of a group who own Montecito. When the well-reviewed restaurant opened last year right before the Toronto International Film Festival last year, the owners didn't shy away from celebrating some of Reitman's greatest hits. There was even a baked Alaska on the menu in homage to the Stay Puft Marshmallow Man from Ghostbusters when the downtown restaurant opened. Perhaps the Lee boys can whip up a Started From the Bottom upside-down cake for Fring's, which coincidentally happens to be only about a block away from Montecito.

YOU COULD WIN

Viff
VANCOUVER INTERNATIONAL FILM FESTIVAL
SEPTEMBER 24 - OCTOBER 9 2015 | VIFF.ORG
VIFF ROGERS TELEFILM CANADA

Tickets to the VIFF!
The prize package includes two VIFF complimentary Festival Passes and two tickets to the closing Gala film + party. Valued over $1000.
*No purchase necessary. Terms & conditions apply. For full contest details and conditions, visit clubmetro.com

visit clubmetro.com to enter

IRON+C
More than iron, for all
Distribution by AP MARTIN
Visit our 'Where to buy' page to find a store near you!
Vegan Certified
Sugar Free
Effervescent
Surrey, Langley 604-518-4491
Richmond 778-709-3036
Burnaby, Vancouver 604-644-6766
Toronto 519-859-0217
Vancouver 778-828-1960
www.canadianpharmaservices.com
CPS

metro
THE HANDY POCKET VERSION!
Get the news as it happens
Download the Metro News App today at metronews.ca/mobile

ACTIN

Sweet duo, sweet new recipes

Metro Canada has teamed up with the Sweet Potato Chronicles' **Ceri Marsh** and **Laura Keogh** to bring you a week's worth of quick, easy and healthy meals. Starting Monday, we will feature a daily delicious recipe from the culinary duo. To get you ready, these busy moms lay out some of the essentials you'll need in your pantry and a handy shopping list to take to the store.

Ceri Marsh & Laura Keogh
For Metro Canada

Hi readers! We're Laura and Ceri and we're thrilled to be joining the team at Metro to bring you The Daily Meal. Creating healthy, simple recipes is something we've been doing for years on our site, Sweet Potato Chronicles, and in our own lives as parents of young kids and lovers of delicious food.

We're passionate about the benefits of real food made at home (health, savings, family bonding), but we're also acutely aware of how hard it can be to pull off (we're regularly wistful for the days of our youth when a bowl of cereal eaten over the sink could be dinner.)

To start this off right, let's talk pantries. In addition to having great, reliable go-to recipes, creating a smart, well-stocked pantry is key to being able to pull off home-cooked meals, even on the busiest nights. There's no need to re-invent the wheel every time you step in the kitchen. Here's how we do it.

How to begin

We think of a pantry as being made up by your cupboards, freezer and fridge — anywhere you keep basics.

You don't need an enormous pantry to support your cooking efforts. You just need the one that works for you and what you like to eat.

The pantry of someone who likes to bake is going to look quite different from that of someone who loves soups and stews. Start, not by filling up your cupboards, but by purging them.

Get everything out of your cabinets then give every shelf, rack and drawer a good wipe down with warm, soapy water. Critters love pantries as much as we do, sadly, and regular cleaning is the only way to keep them out.

Toss things you're not using regularly. Are you really going to bake with that candy cane syrup you got last Christmas?

If not, happy trails.

What You Need

1. *In the cupboard!* Oils and vinegars. You should have olive oil, a neutral oil, such as canola or grape seed, white vinegar (good for cleaning as well as eating) and a couple of flavoured versions for salad dressings, like balsamic and apple cider vinegar. Keep oils and vinegars close to your workspace but away from light and heat.

2. Canned vegetables and beans. A good selection of canned tomatoes, chickpeas, kidney or black beans means you're already halfway to a home-made dinner.

3. Dry ingredients. Most households need all-purpose flour, but you may also want whole wheat or gluten-free alternatives. You'll want white and brown sugar, baking powder and baking soda. Think about which starches you like and stock up on rice, couscous, oats and quinoa accordingly.

4. Salt and pepper. Keep small amounts (so they stay fresh) of these all-stars on your counter where you can reach for them constantly.

5. *In the fridge!* You'll want butter, milk, eggs and yogurt on hand most weeks, as well as basics like chicken or vegetable stock, Dijon mustard and mayonnaise. Onions, garlic and ginger will get many recipes started.

6. *In the freezer!* This is the often-forgotten hero of a rock-solid pantry. Of course proteins like shrimp. ground turkey or beef are good to have in the freezer, but so are pizza dough, an extra loaf of bread, berries and veggies. Many nuts and seeds will last longer if they're kept in the freezer.

FOR MORE MEAL IDEAS, VISIT SWEETPOTATOCHRONICLES.COM

LAURA

CERI

metroFOOD NEW RECIPES Daily

Laura and Ceri say a well-stocked pantry is something every home-cooking devotee needs to keep delicious food coming on the regular. COPYRIGHT © 2013 MAYA VISNYEI PHOTOGRAPHY

GET ORGANIZED

Now that you've got the elements of your pantry together, you need to make it simple to use. Invest in an assortment of mason jars or other glass containers in large, medium and small sizes, and stickers for labelling. Taking ingredients out of their original boxes and bags and placing them into transparent containers makes it easier to see what you have and much easier to keep tidy and clean.

PROGRAMS STARTING **FALL 2015**
REGISTER NOW | **604.683.9200** | aiv.aii.edu
The Art Institute of Vancouver®

ZESTY CHICKEN WITH RED BEANS AND RICE

Ceri's favourite weekend family meal

This hearty dinner is great to make ahead.

Prep time: 5 minutes
Cook time: 60 minutes
Serves: 4

Ingredients
- 1/4 cup flour
- 1 1/2 Tbsp chili powder
- 1/4 tsp salt
- 1/4 tsp pepper
- 6 chicken thighs
- 1 Tbsp olive oil
- 2 cloves garlic, minced
- 1 15 oz can of kidney beans
- 1 19 oz can of tomatoes
- 3/4 cup chicken stock
- 1 cup frozen or fresh corn
- 1 cup brown rice
- Small handful of cleaned, chopped cilantro
- 1 or 2 limes, quartered

Few things are better than knowing this little baby is waiting in the freezer after a long day of work. MAYA VISNYEI

Directions
Preheat the oven to 350 degrees.

On a plate, toss together the flour, chili and salt and pepper. Dredge the chicken through the mixture.

In a large Dutch oven or oven-proof pot, heat up the olive oil to medium high.

Brown the chicken on both sides, don't worry about cooking the meat through. You may have to work in batches.

Place the browned chicken on a clean plate and put aside. Drain excess fat from the pot.

Turn the heat down a touch in your pot and add the garlic, allow it to soften up and become fragrant, but not brown.

Add your beans, tomatoes, stock corn and rice. Give everything a stir and scrape up anything that is sticking to the bottom.

Break up the tomatoes with the back of a wooden spoon or you can use my favourite trick and gently use a potato masher. Raise the heat again and bring the mixture to a boil.

Place the chicken pieces on top of your tomato-y mixture, cover with a lid, and place in the oven for 45 to 50 minutes. Pull out a couple of grains of rice to be sure they're cooked. Serve immediately with a sprinkling of cilantro and a squeeze of lime juice, or cool and place in the freezer to reheat later.

SHOPPING LIST

Here's what you'll need for the first week of Sweet Potato Chronicles' recipes, launching in Metro Monday:

Avocado, Lettuce and Tomato Sandwich
- 4 basil leaves, torn
- 1/2 avocado, pitted and mashed
- 1 tsp lemon juice
- 1 tomato
- 1 tsp olive oil
- 1/2 head of Boston Bibb lettuce
- 4 pieces of multi grain bread, toasted
- Sea salt

Kale Chicken Salad
- 2 boneless, skinless chicken breasts
- 1 Tbsp olive oil
- 1 small head of kale
- 1 cup blueberries
- 1 cup pecans, roughly chopped
- 1/2 cup crumbled goat cheese
- Dressing

One Skillet Tomato Basil Chicken Pasta
- Kosher salt and pepper
- 3 Tbsps extra virgin olive oil
- 1 lb boneless, skinless chicken breast
- 4 cloves of garlic, minced
- 1 28-ounce can of tomatoes
- 1 1/2 cups low-sodium chicken broth
- 1 cup water
- 2 cups penne pasta
- 1 cup freshly shaved parmesan cheese, more for garnish
- 1 cup fresh basil leaves

Halibut Tacos with Strawberry Salsa
- Olive oil
- 1 pound halibut fillets
- 1/2 tsp salt, divided
- 1/4 tsp pepper
- 1/4 tsp ground coriander
- 1/2 tsp ground cumin
- 1 tsp ground garlic
- 6 to 8 small corn tortillas
- 1 cup hulled and diced strawberries
- 1 cup watermelon cubes, diced
- 1/4 cup diced red onion
- 1 Tbsp lemon juice
- 1 Tbsp fresh chopped cilantro
- 1 avocado, sliced for garnish

Mushroom Barley Soup
- 2 Tbsp olive oil
- 2 or 3 cloves of garlic, minced
- 1 onion, diced
- 2 medium carrots, peeled and diced
- 2 stalks of celery diced
- 1 lb of cremini mushrooms, brushed clean and sliced
- 2 Tbsp fresh thyme (less if using dried)
- 3/4 cup of pearl barley
- 5 cups of stock
- Salt and pepper to taste

QUICKMEAL

This delicious meal is ready in under 25 minutes. MAYA VISNYEI

SPINACH, SUN-DRIED TOMATO AND BASIL PENNE

Laura's weekday go-to recipe for quick supper

I love knowing that I can get this delicious flavour bomb on the table in under 25 minutes.

Prep time: 5 minutes
Cook time: 15 minutes
Serves: 4

Ingredients
- 500g penne pasta
- 3 cups baby spinach
- ¼ cup diced sun-dried tomatoes (not packed in oil)
- ¼ cup olive oil
- 1 large clove garlic
- ½ cup shaved Asiago cheese, plus 1 Tbsp
- 1 handful of basil leaves (about 20), chiffonade (rolled together and then cut into long strips)

Directions
Prepare pasta according to package directions in well-salted water. During the last minute of cooking time, drop the spinach and sun-dried tomatoes into the water.

Reserve 1 cup of cooking water then drain pasta.

Pour drained pasta and vegetables back into pot and then mix in olive oil.

Using a microplane, grate garlic into the pasta, add in the cheese, and stir.

Loosen up your sauce by adding a tablespoon of the reserved pasta water at a time until you reach your desired consistency.

Serve the dish with basil and Asiago sprinkled on top.

Is counting calories out of style?

NUTRITION

New trend says weight control is all about eating whole foods

When Meghan Telpner was diagnosed with Crohn's disease six years ago, she turned her digestive health around, she says, by swapping processed foods for whole foods and liberating herself from the tyranny of counting calories.

"If we avoid foods that went through a chemical lab or processing factory," she says, reiterating her message in The Undiet Cookbook, due out in October, "then the rest takes care of itself."

Telpner, now a holistic nutritionist, is part of a movement among nutrition-minded folks who view counting calories — on apps, in your head, via subtracting it from Fitbit stats — as a "broken model" for determining the health of a food.

And for maintaining a healthy body weight.

It's all because calories are not created equal, she says. The tiny units of energy in food — and what the body burns as fuel — behave differently depending on their source. A handful of gummy bears, for instance, may ring in at 200 calories just like a portion of avocado. But the candy will spike insulin, stress hormones and cravings, where the fibrous fruit, which digests gradually, will just make you feel full without the crazy hunger swings.

Not to mention, Telpner says, it's easier to overindulge in foods with added salt, sugar and fat, which are engineered with the perfect "mouth feel" or "crunch" and goad us to overeat.

There is a growing movement among nutrition-minded folks who view counting calories — on apps, in your head, via subtracting it from Fitbit stats — as a "broken model" for determining the health of a food. ISTOCK

If we avoid foods that went through a chemical lab or processing factory, then the rest takes care of itself.

Meghan Telpner, author of The Undiet Cookbook

That logic has "nuggets of truth," experts agree, because the less processed a food — an intact grain vs. milled flour; a beet vs. granulated sugar — the more difficult it is to digest, the longer its journey through the small intestine and therefore; the more satiated and satisfied we'll feel after eating it.

But in the final analysis, they say, any differences in the digestion between foods of the same calorie count are tiny.

If you eat too much of anything — and that includes nutritious foods — you'll gain weight, says Nick Bellissimo, associate professor of nutritional physiology at Ryerson's School of Nutrition. The laws of thermodynamics are immutable, he says, and weight change remains a matter of "simple math:" calories in vs. calories out.

So, like any diet — the low-fat craze, low-carb craze, Paleo, to name a few — this new anti-calorie-counting "fad" is no panacea.

Although, he says, it does have its merits. Counting calories becomes futile when people don't know how many they need in a day to maintain their weight — or shed some.

Read magazines, consume media and come across ubiquitous numbers, telling men to consume 2,000 calories a day and women to eat about 1,200 calories a day. But they're based on the rudimentary — and incorrect — premise that men are bigger and burn more, Bellissimo says.

For one, he says, those estimates don't take into account activity level — exercising burns calories, and the more muscles you have the more calories you'll burn at rest — or other important factors such as psychology, hormones, sleep, stress, even the body's drive to defend some predetermined weight.

"It's a complicated mess," Bellissimo says, of why some people just can't lose weight even when they cut down their intake. "And a lot of factors may actually be beyond anyone's conscious control."

It's the unknowns — emotions, habits — that can make "diets" impractical and unsuccessful, says registered dietitian Nanci Guest.

Plus, she says, there's no scientific evidence that a "whole foods" diet is better or worse than any other diet. Some have success eating high-protein, low-carbohydrate regimens; others swear by the opposite. "In the end, there's no difference," she says.

"It's just a matter of what works for you and sticking to that."

TORSTAR NEWS SERVICE

SHOWCASE

Southern influence tops for tastemakers

Theresa Albert
For Metro Canada

A couple of key food trends emerged out of this weekend's Food and Wine show in Toronto: chicken and waffles are taking over the spot left by those bored of pulled pork and burger sliders, and artisan sodas are being used to elevate cocktails.

Blue Goose Pure Foods provides humanely raised chicken to grocers across the country. Their birds are cage, antibiotic and hormone free (by the way, all chicken is hormone free in Canada).

But it isn't such snooty food that it can't be breaded and fried and placed on a sweet waffle with a barbecue sauce drizzle.

Artisan sodas are perfect for mixing cocktails. THERESA ALBERT

This dish has the very same salty/sweet goopy but crispy decadence of its predecessor the pulled meat sandwich but offers a soft fluffy bed of something normally thought of as dessert or breakfast. Every chef will have her version just like everyone's aunt in the American south has her own secret recipe.

With soda sales on the decline but our love of the stuff still strong (not to mention critical in a mixed drink worth its salt), it was only a matter of time before artisan pops started to spring up. Split tree Cocktail Co. is one that stood out.

They insist that you stop putting "crappy mixes in with expensive spirits" and offer up handmade mixes in small batches with whole ingredients.

Their vanilla syrup makes a smooth accompaniment to any rum; rhubarb and grapefruit cordials will inspire your vodka; and a uniquely bitter but bright tonic will add some love to your gin.

We are simply creatures of habit who love our childhood palate pleasures but now we want them to have a grown up -worthy pedigree.

Theresa is an on-camera food and health expert, nutritionist and writer who loves to spread the word on food

LIQUID ASSETS

Mandela lives on at family vineyard

When you're a roaming wine guy like me you get to meet some pretty cool folks. There are winemakers, industry bigwigs, and, once in a while, I get to hang out with people that, while part of the wine industry, transcend it at the same time.

I got to meet two members of the latter over lunch while in Cape Town, South Africa last week.

Makaziwe and Tukwini Mandela (Nelson Mandela's daughter and granddaughter) are the women behind the wine from the House of Mandela. Founded in 2010, the venture was given the thumbs-up by the South African icon before his death in 2013.

Wrapped in a colourful label inspired by Nelson Mandela's signature Madiba shirts, The Thembu Collection 2014 Sauvignon Blanc ($11.29-$14.99) is a fresh, ripe white showing classic varietal fruit making it a perfect mate with shellfish and pork.

Fair trade certified, a portion of its sales will go to South African charities.

Prices reflect the range across the country. Some products may not be available in all provinces.

PETER ROCKWELL/METRO

Empire unlocks Cookie's prison past

SEASON PREMIERE

Actress Taraji P. Henson talks family drama in Season 2

Lisa Weidenfeld
Metro | New York

Taraji P. Henson says she binge-watched Orange Is the New Black to prepare for Season 2 of Empire. HANDOUT

To say that Empire took the TV world by storm last winter would be an understatement. The musical soap opera quickly became one of the most popular shows in television, with fans everywhere obsessing over the next moves of each member of the duplicitous Lyon clan. But a large part of that interest was inspired by Taraji P. Henson's instantly epic performance as matriarch Cookie Lyon, who at the beginning of the show had recently been released from prison and was on the warpath to get the family company back in her name.

Cookie is behind a lot of the shifting loyalties of the family's drama, expertly playing each of her sons off of each other and conspiring against her ex Lucious (Terrence Howard), all while dressed impressively and striding into each room as if she owns the place. When asked if Cookie will be making her trademark big entrances this year, Henson laughs and says, "That's what she does!"

It's a big part of the character's personality, and Henson admits, "When they first started that, I was like, look, we can't have Cookie busting in every room all the time. But the way they write it is so clever, because that's how she is. That's what she would do."

Fans will generally see much the same Cookie they fell in love with in Season 1, as Henson promises "not many changes" to her. Instead, the show will be "delving more into the 17 years she was locked away from her family. That says a lot about her."

And like any TV fan, Henson went to a popular source to learn about prison life. "I've been binge-watching Orange Is the New Black. I'm almost done with the second season. It just made me think, that's an important part of her life. We need to know, how did it change her? How did she go in? What did it do to her coming out?"

But that drama may have to share time in her life with her ongoing split with middle son Jamal (Jussie Smollett). While the two started out as the closest pair in the family, by the end of the season, they were at odds and not speaking. And Henson says that's not likely to change, despite how popular the two are. "That's going to kill you. I will say this. You're not going to like that part."

Cookie finds herself in enemy territory in Season 2, as she's recently formed an alliance with Lucious' other ex, Boo Boo Kitty. Asked whether the two will set aside their differences, Henson just laughs knowingly and says, "You'll have to watch that."

Empire Season 2 premieres Wednesday at 8 p.m. on City.

IT'S OUR FAVOURITE TIME OF FEAR.
FRIGHT NIGHTS
WESTERN CANADA'S SCARIEST HAUNT
POSSESSES
PlayLand At the PNE Vancouver
OCT 9–NOV 1
(OPEN SELECT NIGHTS)
Admission includes unlimited access to
7 HAUNTED HOUSES
15 RIDES, INCLUDING THE BEAST
THE MONSTERS OF SCHLOCK
GRUESOME COMEDY ACT
RADIANT HEAT FIRE PERFORMANCE
upgrade to a RAPID PASS to get into the Houses and 5 Rides FASTER!
SAVE ON FRIGHTPASSES AT:
FRIGHTNIGHTS.CA
STALK US ON
PNE_PLAYLAND PNECLIPS
Monsters of Schlock will not be performing Oct 9-11
TICKETS NOW ON SALE

RiverRock CASINO RESORT | PROUD of our people, our business, our community

RIVER ROCK CASINO RESORT INVITES YOU TO BE PART OF OUR TEAM!

Come and explore the exciting employment opportunities available.

River Rock Casino Resort is holding a **CAREER FAIR** on **September 28, 2015 (Monday)** from **10:00AM-4:00PM** at **The Learning Centre, 8920 Charles Street, Richmond, BC** (across the Bridgeport Bus Loop)

Some positions available include:

- **Card Dealer In Training *(starting October 16th BlackJack Course)***
- **Guest Services Representative - VIP**
- **Commis Chef**
- **Chef de Partie**
- **Dishwasher**
- **Banquet Server (Part Time On Call)**
- **Busperson**
- **Server**
- **Room Attendant**
- **Houseman**
- **Demi Chef**
- **Chef de Partie- Pastry**
- **Banquet Captain**
- **Bartender**
- **Host/Hostess**
- **Bellman(Housekeeping)**
- **Cage Cashier**

Come and find out how we can expand your skills and grow your career with benefits.
Please bring a copy of your resume and 2 work references - interviews will be conducted on site.

For more information, including job descriptions and qualifications, please visit our website at **www.greatcanadiancasinos.com/careers**

0% FINANCE RATE
*SELECT NEW VEHICLES

See **AL RUDIN** for these deals, located in the back showroom - **CALL AHEAD!**

2014 CHEVROLET CRUZE LT

4dr, auto, air

$14,995
$99/PMT BI-WEEKLY #6713

2013 TOYOTA COROLLA CE

Grey, 22,000 km's

$108/PMT #4247

2014 DODGE DURANGO

Sunroof, nav, leather

$39,995
or **$275/PMT** #6611

2014 HYUNDAI SONATA GL

4dr, auto, air, etc.

$16,900
$115/PMT BI-WEEKLY #6630

2015 WRANGLER SAHARA

NEW

Auto, 4dr, loaded!!

$45,500
or **$225/BIWEEKLY** #7450a

2014 DODGE DART

The Dart establishes itself as an original from the very first glance – but there's far more to this beauty than mere appearances.

$13,995
or **$89/PMT** #7516

2015 RAM 3500 CREW/ CAB

NEW

0%

$64,000 #6228a
or **$375/BIWEEKLY**

11 To Choose From GRAND CARAVANS

Starting from
$17,895 #4376

2015 PROMASTER CITY

$195/PMT #6260

2015 CHRYSLER 200

$61/PMT #2213

B.C.'S BIG STORE
COQUITLAM CHRYSLER
Jeep DODGE RAM

SALES HOTLINE
778.370.5444
WWW.COQUITLAMCHRYSLER.CA

Lougheed & Barnet
(across from Coquitlam Centre)

DL# 7557

Programs are mutually exclusive and cannot be combined. All prices plus taxes, levies & doc. fee of $595. All financing on approved credit. Vehicles not exactly as illustrated. All stock numbers starting with 93 are factory orders, or dealer will attempt to dealer trade.

COQUITLAM CHRYSLER DODGE JEEP

FISHING FOR A DEAL?

CALL AL (778) 370-5444

2014 CHRYSLER TOWN & COUNTRY TOURING

NEW STOCK JUST ARRIVED!

7 PASSENGER, MEDIA CENTER, POWER SLIDERS, ALLOY WHEELS

$20,995 or $132/PMT

#6540

2010 NISSAN MURANO LE AWD

LOW KM'S, LOCAL, VERY CLEAN

$21,900

#7706

2014 GMC TERRAIN AWD

$169/PMT

2013 VW JETTA

DIESEL, SUNROOF

#6510

$169/PMT

2015 DODGE CHALLENGER

$43,738 or $229/BI-WEEKLY

#3436

2014 FORD E250 VAN

2 TO CHOOSE FROM

CARGO, ONLY 13,000 KM'S

$169/BI-WEEKLY

2015 RAM 1500 CREW/CAB 3.0 DIESEL

NEW

$56,306 or $270/BI-WEEKLY

#5563a

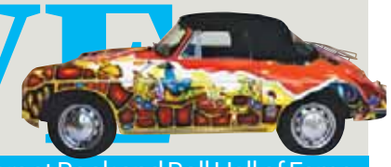
DISCLOSURE: ALL PRICES PLUS TAXES, LEVIES AND DOC FEE OF $595. ALL FINANCING ON APPROVED CREDIT, VEHICLES NOT EXACTLY AS ILLUSTRATED. ALL PAYMENTS ARE BI-WEEKLY BASED ON 60/96 AMORT, 3.24% INTEREST. PAYMENTS BASED ON 72-96 MONTH FINANCE DEPENDING ON YEAR OF VEHICLE. TP: 6713/$16844, 2013 TOYOTA COROLLA CE/$18500, 2014 DODGE DURANGO/$47200, 6630/$19658, 6260/ $37130, 2213/PMT IS WEEKLY @ 3.49%, 6540/$27604, 2014 GMC TERRAIN AWD/$34800, 6585/$36300, 2014 RAM 3500 DIESEL 4X4/$54600, 6510/$25700, 7428/$15500.

AL RUDIN • 778.370.5444

ALRUDIN@COQUITLAMCHRYSLER.CA

metro DRIVE

Your essential daily news



Janis Joplin's psychedelic Porsche to be sold after 20 years at Rock and Roll Hall of Fame

It's time to grow up, family guy

ROAD TESTED

THE CHECKLIST | 2015 HONDA ODYSSEY

THE BASICS

Type. Five-door minivan
Power. 248-hp, 3.5-litre V6
Transmissions. 6-speed automatic
Price. Base $30,250 (plus destination)

NOTABLE FEATURES

- HondaVac in-vehicle vacuum helps keep vehicle tidy
- Two infotainment screens means one function doesn't have to be closed to navigate another
- Honda LaneWatch uses camera on passenger door mirror to expand view of roadways
- Seating for eight, in relative comfort

MIKE GOETZ/FOR METRO

POINTS

- Current generation model introduced in 2011, with a major facelift in 2014
- Since 2014, hood, front fenders, and front suspension built of aluminum
- Strong seller in a declining minivan market

MARKET POSITION

- Mainstream minivan for families deep in their minivan years
- Premium and powerful V6 engine, with fuel-saving cylinder de-activation technology
- Styled to look, as much as possible, unlike a minivan

THE COMPETITION

Chrysler Town & Country
Base price: $44,195

Kia Sedona
Base price: $27,695

Ford Transit Connect Wagon
Base price: $27,579

REVIEW

Honda Odyssey a comfy choice for getting the group around

Mike Goetz
For Metro Canada

There is something honourable and right about abandoning all pretence of your pre-child rearing years, and just rolling with the soccer tournament years. Live in the moment, as they say, and embrace the Pixar flicks, Happy Meals, and temper tantrums at Walmart. And nothing says you're "all in" like the minivan.

If you're ready, the minivan you should seriously consider is the Honda Odyssey. The Odyssey was not the first modern minivan — that's Chrysler's claim to fame. But the Honda version has been developed and tweaked through the years to become a long-standing Canadian favourite, with an undeniable blend of attributes for the money.

This minivan has good bones, with Honda's exemplary 3.5-litre V6 hooked up to a six-speed automatic transmission, and a multi-link rear suspension (not usually found on minivans), which contributes to it being one of the better handling and driving minivans you can buy. It's not in sports car territory, but it hides its weight and bulk well through almost all driving manoeuvres.

Two, stacked information screens dominate the front of the cabin. This allows you to fool around with navigation, for example, while still displaying your stereo information, but it's not anywhere near driver-interface nirvana. The system is not quite intuitive, and there is some lag while you figure out which screen to consult and use, but we're pretty sure that over time familiarity will make it completely OK.

The middle seat in the second row allows for seating up to eight, and when it's not used it can slide a bit, to give rear passengers a bit more elbowroom.

I found the second-row captain chairs came out easily, but went back in less easily. If you often need your minivan for its full "devoid of seats" cargo area, a Chrysler minivan with the Stow 'n Go feature would be the way to go.

But the Odyssey really shines behind those second-row seats. The last row can seat three in relative comfort, and disappears easily and brilliantly to create a huge rear cargo area.

Odyssey is available with forward collision warning and lane departure warning systems, but the safety feature you'll probably get more use of is Honda LaneWatch, which uses a camera mounted on the passenger side mirror to throw an expanded view of that side of the roadway onto the information display.

Other features families will surely appreciate are the temperature controls for all three seating areas and an available rear DVD entertainment system.

It's the full family package, when you're ready to man/woman up.

DRIVING FORCE

The best automatic transmission is one the driver doesn't notice

Jil McIntosh
For Metro Canada

Whenever you put your vehicle in gear, you're engaging a vital link between its engine and its wheels. Whether you have a stick shift or an automatic, you're not going anywhere without a transmission.

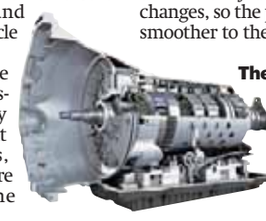
"The transmission transfers and multiples the torque from the engine to the driving wheels," says Jeff Lux, vice-president for powertrain transmission at Fiat Chrysler Automobiles. "If we only had a shaft between the engine and the wheels, you could only go so fast because the engine has a limit."

Engines make their power when internal pistons move up and down to turn a central crankshaft. Coupled to the transmission, the crankshaft's spinning motion eventually turns the wheels. That motion is measured in revolutions per minute, or r.p.m., the number indicated on the tachometer in the instrument cluster. The crankshaft spins faster on acceleration, while the transmission's lower gears transmit maximum power to get the vehicle moving. On the highway, the transmission's higher gears maintain the vehicle's speed while the crankshaft slows down, which improves fuel economy.

As you slow down or speed up, an automatic transmission selects the best gear to keep the engine at its optimum r.p.m. With a standard transmission, the driver has to pay attention to clues, including the tachometer and the engine's sound, and shift to the appropriate gear.

Putting the transmission in Neutral disconnects it from the engine, so that even though the engine is running, no power is being sent to the wheels. The Park position on an automatic actuates a mechanism that locks the park gear and prevents the vehicle from moving.

While some automatic transmissions had only three speeds right into the 1990s, six-speed units are now among the most common, while some of Chrysler's have eight or nine speeds. While a transmission with more gears also tends to shift more often, the engine's speed doesn't rise or fall as dramatically during the gear changes, so the process can feel smoother to the driver.



The inside of Chrysler's eight-speed automatic transmission. COURTESY FCA

One drawback is that, on an incline, a transmission with numerous gears may shift too much as it tries to keep the engine in its sweet spot, commonly called "gear hunting." Engineers have to program the transmission's software to try to avoid the problem.

The best automatic transmission, Lux says, is one that's designed so the driver hardly notices what it's doing. "When it's shifting, people want the transmission to work and forget about it," he says. "It's like when your refrigerator is cold and you don't think about it twice."

zoom-zoom

mazda

WHILE THE TECHNOLOGY IS IMPRESSIVE, HOW MAZDA3 DRIVES IS WHAT'S TRULY ASTONISHING.

SKYACTIV TECHNOLOGY. Standard in the 2015 MAZDA3.

Efficiency in motion is just the starting point. MAZDA3's SKYACTIV TECHNOLOGY takes it even further by making your drive better. With a lighter, stronger chassis, a smarter transmission for faster downshifts, and an engine re-engineered to help get the most power out of every last drop of fuel, we created a car that responds to the driver to deliver an unsurpassed driving experience. Because driving matters.

GT model shown

SKYACTIV TECHNOLOGY

CANADA'S MOST AWARDED CAR EVER.††

0% PURCHASE FINANCING▼ + NO PAYMENTS FOR 90 DAYS†

2015 MAZDA3 GX

BI-WEEKLY FINANCE OFFER FROM

$97‡ at 0.99% APR with $0 DOWN

for 84 months. On finance price from $16,965.

- Dynamic Stability Control (DSC)
- Anti-lock Brake System (ABS) • Keyless entry
- Push Button Start • Steering-wheel-mounted audio and Bluetooth® controls

GS

BI-WEEKLY FINANCE OFFER FROM

$119‡ at 0.99% APR with $0 DOWN

for 84 months. On finance price from $20,865.

Includes GX equipment plus:

- 16" alloy wheels
- Rearview camera • HD radio
- And more!

GT

BI-WEEKLY FINANCE OFFER FROM

$154‡ at 0.99% APR with $0 DOWN

for 84 months. On finance price from $27,065.

Includes GS equipment plus:

- 18" alloy wheels • Bose® audio system
- Voice-activated navigation system
- And more!

CANADA'S ONLY UNLIMITED* MILEAGE WARRANTY

STANDARD ON ALL 2015 AND 2016 MODELS.

YOUR MAZDA3 EXPERIENCE BEGINS AT YOUR MAZDA DEALER. RESERVE A TEST DRIVE TODAY.

READY TO ROLL Our pre-delivery commitment means every new Mazda is inspected, gassed up and fitted with floor mats. ▼0% APR Purchase Financing is available on select new 2015 and 2016 Mazda models. Terms vary by model. Based on a representative agreement using an offered pricing of $17,715 for the new 2015 Mazda3 GX (D4XK65AA00) with a financed amount of $18,000, the cost of borrowing for a 48-month term is $0, monthly payment is $375 and total finance obligation is $18,000. †No Payments for 90 Days (payment deferral) offer is available on all new in-stock 2015/2016 Mazda models applies only to purchase finance offers on approved credit. No interest will accrue during the first 60 days of the finance contract. After this period interest will begin to accrue and the purchaser will repay the principal and interest monthly over the term of the contract. Offer period September 1 – 30, 2015. ‡Based on a representative example using a finance price of $16,965/$20,865/$27,065 for the 2015 Mazda3 GX (D4XK65AA00)/Mazda3 GS (D4SK65AA00)/Mazda3 GT (D4TL65AA00) at a rate of 0.99% APR, the cost of borrowing for an 84-month term is $602/$740/$960, bi-weekly payment is $97/$119/$154, total finance obligation is $17,567/$21,605/$28,025. Taxes are extra and required at the time of purchase. All prices include $25 new tire charge, $100 a/c charge where applicable, freight & PDI of $1,695. ††Based on total Automobile Journalists Association of Canada (AJAC) Category wins (various) up to the 2014 model year. *To learn more about the Mazda Unlimited Warranty, go to mazdaunlimited.ca. Licence, insurance, taxes and down payment (where applicable) are extra and may be required at the time of purchase. Dealer may sell/lease for less. Dealer order/trade may be necessary on certain vehicles. Offers valid September 1 – 30, 2015, while supplies last. Lease and finance on approved credit for qualified customers only. Offers subject to change without notice. Visit mazda.ca or see your dealer for complete details. ® Bluetooth is a registered trademark of Bluetooth SIG, Inc. ® Bose is a registered trademark of Bose Corporation.

BUY your car WIN your car

ONLY AT KIA RICHMOND! GO TO KIARICHMOND.COM FOR MORE DETAILS

KIA RICHMOND

SALE ON NOW

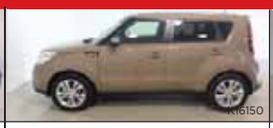
WHY BUY ANYWHERE ELSE WHEN YOU COULD WIN YOUR CAR!

K16583

2014 KIA FORTE5 EX

The 2014 Forte is a beautiful car with a powerful and fuel-efficient engine, good ride and handling balance, sleek interior, copious features, impressive value! Less than 22,000kms, 173hp and 154ft-lb of torque, A./C, heated front seats.

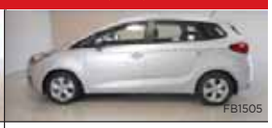
SALE PRICE: $17,995


K16150

2016 KIA SOUL EX+

6 speed sportmatic automatic transmission with Electric Power Steering(EPS), rear view camera, heated front seats, A/C, Voice activated am/fm/cd/mp3 Stere, UVO audio Infotainment System, Bluetooth.

SALE PRICE: $11,995


FB1505

2015 KIA RONDO LX

The 2014 Rondo is a beautiful wagon with a powerful and fuel-efficient engine, good ride and handling balance, sleek interior, copious features, impressive value. Less than 4800kms, 164hp and 156ft-lb of torque, A/C, heated front seats, split folding rear seats.

SALE PRICE: $20,995

FB1509

2014 KIA RIO 5-DOOR EX

Less than 18,700kms, 138hp and 123ft-lb of torque, A/C, heated front seats, Power sunroof, alloy wheels, steering wheel-mounted cruise controls, 6 speakers, 4-wheel disc brakes, 6-way adjustable driver seat - height adjustable, AM/FM/CD/MP3/SAT stereo system.

SALE PRICE: $16,995

K14677B

2012 KIA OPTIMA

Automatic, power sunroof, A/C, power windows and mirrors, 4-wheel disc brakes with ABS, cruise control, remote keyless entry, traction and stability control, steptronic system, turn signal mirror indicators, fog lights.

SALE PRICE: $18,888

FB1530

2014 KIA FORTE5 2.0L EX

Less than 15,000kms, 173hp and 154ft-lb of torque, leather seats, sunroof, A/C, heated front seats, alloy wheels, 6 airbags (Advanced dual front, dual front side and dual curtain), 4-wheel disc brakes, Anti-lock brakes (ABS).

SALE PRICE: $17,995

FB1516A

2010 BUICK ENCLAVE CXL

The 2010 Buick Enclave CXL is an excellent choice for families who want minivan-like functionality along with classy styling and a luxurious interior. Sleek design inside and out, Smooth and quiet ride, All three rows are spacious, Ample cargo space

SALE PRICE: $15,888

FB1544

2014 KIA FORTE5 2.0L LX+

Less than 18,000kms, 173hp and 154ft-lb of torque, A/C, heated front seats, alloy wheels, electric power steering (EPS), hill assist control (HAC), rear cooling vent, front & rear splash guards.

SALE PRICE: $16,995

K1599

2010 HYUNDAI SANTA FE GL 3.5

The 2010 Hyundai Santa Fe is a commendable midsize crossover SUV choice with a long list of standard comfort and safety features, attractive interior, and top-notch crash test scores.A/C, CD/AM/FM/AUX/USB, Bluetooth.

SALE PRICE: $13,888

K1588

2014 KIA RONDO EX

The 2014 Rondo is a beautiful wagon with a powerful and fuel-efficient engine, good ride and handling balance, sleek interior, copious features, impressive value, Less than 7,000kms, 164hp and 156ft-lb of torque, air conditioning, heated front seats.

SALE PRICE: $21,995

K15179A

2013 HYUNDAI ELANTRA

The 2013 Hyundai Elantra offers a 148hp and 131ft-lbs of torque engine, Air conditioning, power locks, power and heated mirrors, Leather trim accents, Bluetooth, USB connection, 6 Speaker sound system.

SALE PRICE: $11,888

K16091A

2015 CHRYSLER 200 S

S model, loaded, leather interior, navigation, power moonroof, only 6,000kms, 9-speed 948TE automatic transmission, 18" carbon aluminum wheels, UCONNECT 5.0.

SALE PRICE: $27,995

Mario Acevedo
mario@kiarichmond.com

Kristi Hardman
kristi@kiarichmond.com

KIA RICHMOND
5660 MINORU BLVD, RICHMOND, BC
(Corner of Minoru Blvd. and Lansdowne Rd.)
CALL 1.888.420.1879 NOW
WWW.KIARICHMOND.COM

*Terms based on $0 down payment over varied months (as listed) at 5.99%, tax included, $599 documentation, $995 finance fees and $199 preparation fee. DL#31149.

SOLAR CHARGERS **GETTING ON THE ARC BANDWAGON** The California Department of Transportation is buying 11 portable EV ARC (Autonomous Renewable Charger) solar-powered electric-vehicle chargers from Envision Solar of San Diego for almost $750,000 US. In July, Envision Solar received a one-year contract, with two one-year extensions, to supply state and local offices and departments with its moveable solar chargers.

How it works: Each solar charger fits inside a regular vehicle parking space and generates enough solar energy each day to power 240 kilometres of EV driving. The system maximizes its exposure to the sun through a tracking system that enables the solar-panel array to follow the sun, generating 18 to 25 per cent more electricity than a fixed unit. Built-in batteries store the free energy, allowing electric vehicles to recharge during the day or night.

TEXT AND IMAGE BY WHEELBASE MEDIA

GET APPROVED NOW!

SIMPLE AND SECURE APPLICATIONS

Specializing in:

• New to the Country • No Credit •
• Good Credit • Bad Credit •
• Bankruptcies • Repossessions •
• Divorce • Judgements •

Robin
Call
778-929-1607

DRIVE AWAY TODAY!

EMPLOYEE PRICING
ENDS SEPTEMBER 30TH
WHEN
YOU CAN STILL PAY WHAT WE PAY*
IT'S EASY TO GET INTO A FORD
Titanium model shown
Share our Employee Price starting from $30,441**

2015 ESCAPE SE FWD 2.5L

Employee Price Adjustment	$1,967**
Delivery Allowance	$1,000**
TOTAL PRICE ADJUSTMENTS	$2,967**
SHARE OUR EMPLOYEE PRICE	$24,972**
OR	
PURCHASE FINANCE FOR ONLY	$147@3.49%‡ APR

BI-WEEKLY FOR 84 MONTHS WITH $1,195 DOWN.
OFFERS INCLUDE FREIGHT AND AIR TAX OF $1,790

2015 ESCAPE

#1 SELLING SUV IN CANADA FOR THE PAST 8 YEARS (2007–2014)Ω

STANDARD SE FEATURES INCLUDE

GET THE POWER AND PERFORMANCE FOR ANY JOURNEY WITH AVAILABLE **ECOBOOST®**

CONFIDENTLY REVERSE WITH AN AVAILABLE **REAR VIEW CAMERA**

FIT EVERYTHING YOU NEED FOR A GETAWAY WITH **1,920L. OF CARGO CAPACITY~**

COMMAND USING YOUR VOICE WITH AVAILABLE **SYNC®**

HURRY! EMPLOYEE PRICING ENDS SEPTEMBER 30TH

ELIGIBLE COSTCO MEMBERS RECEIVE UP TO AN ADDITIONAL COSTCO WHOLESALE **$1,000‡** ON MOST NEW 2015 AND 2016 FORD MODELS
($500 ON MOST FIESTA & FOCUS)

OVER 500,000 CANADIANS
HAVE SHARED OUR PRICE SINCE 2005

VISIT BCFORD.CA OR YOUR BC FORD STORE TO SEE OUR ALL-NEW SHOWROOM AND GET YOUR EMPLOYEE PRICE TODAY.

Ford
Go Further

SiriusXM
Available in most new Ford vehicles with 6-month pre-paid subscription

WISE BUYER. READ THE LEGAL COPY*: Vehicle(s) may be shown with optional equipment. Dealer may sell or lease for less. Limited time offers. Offers only valid at participating dealers. Retail offers may be cancelled or changed at any time, without notice. Dealer order or transfer may be required as inventory may vary by dealer. See your Ford Dealer for complete details or call the Ford Customer Relationship Centre at 1-800-565-3673. For factory orders, a customer may either take advantage of eligible Ford retail customer promotional incentives/offers available at the time of vehicle factory order or time of vehicle delivery, but not both or combinations thereof. Retail offers not combinable with any CPA, GPC or Daily Rental incentives. The commercial upfit Program or the Commercial Fleet Incentive Program (CFIP). *Ford Employee Pricing (“Employee Pricing”) is available from July 1, 2015 to September 30, 2015 (the “Program Period”), on the purchase or lease of most new 2015/2016 Ford vehicles (excluding all chassis cab, stripped chassis, and cutaway/body models, F-150 Raptor, F-650/F-750, Mustang Shelby GT500, Shelby GT350, 50th Anniversary Limited Edition Mustang). Employee Pricing refers to A-Plan pricing only and is not available to Ford of Canada employees (excluding any Unifor/CAW negotiated programs). The new vehicle must be delivered or factory-ordered during the Program Period from your participating Ford Dealer. Employee Pricing is not combinable with CPA, GPC, CFIP, Daily Rental Allowance and A/X/Z/D/F-Plan programs. **Until September 30, 2015 purchase a new 2015 Escape S, FWD 2.5L with Cargo Package/2015 Escape Titanium AWD for $24,870/$30,441 ($32,390 after total Ford Employee Price adjustment of $2,967/$3,648/$3,890 is deducted. Total Ford Employee Price adjustment is a combination of Employee Price adjustment of $1,967/$2,648/$2,890, and delivery allowance of $1,000/$1,000/$1,000. Taxes payable on full amount of purchase price after total Ford Employee Price adjustment has been deducted. Offers include freight and air tax of $1,790/$1,790/$1,790 but exclude registration, PPSA, administration fees and charges, any environmental charges or fees, and all applicable taxes. Total Ford Employee Price adjustment is a combination of Employee Price adjustment of $1,967/$2,648/$2,890, and delivery allowance of $1,000/$1,000/$1,000. Offers include freight and air tax of $1,790/$1,790/$1,790 but exclude registration, PPSA, administration fees and charges, any environmental charges or fees, and all applicable taxes. Ford Employee Price adjustment is a combination of Employee Price adjustment and available delivery allowance or discounts and range from $500 on 2015 Fiesta S to $4,170 on 2015 F-150 Lariat SuperCrew 4x4. Employee Pricing is not combinable with CPA, GPC, CFIP, Daily Rental Allowance and A/X/Z/D/F-Plan programs. See dealer or ford.ca for details. All prices are based on Manufacturer’s Suggested Retail Price. ‡Until September 30, 2015, receive 1.49% annual percentage rate (APR) purchase financing on a 2015 Escape SE FWD 2.5L for a maximum of 84 months to qualified retail customers on approved credit (OAC) from Ford Credit. Not all buyers will qualify for the lowest interest rate. Purchase financing monthly payment is $197 (the sum of Twelve (12) monthly payments divided by 7 to provide you with a bi-weekly payment of $147) with $1,195 down payment. Cost of borrowing is $1,956.39 on APR of 3.49% and total to be repaid is $26,883.89. Down payment may be required based on approved credit from Ford Credit. Offers include total Ford Employee Price adjustment of $2,967/$3,648/$3,890 and delivery allowance of $1,000. Offers include freight and air tax of $1,790/$1,790/$1,790 but exclude registration, PPSA, administration fees and charges, any environmental charges or fees, and all applicable taxes. Taxes payable on full amount of purchase price after total Ford Employee Price adjustment has been deducted. All prices are based on Manufacturer’s Suggested Retail Price. ΩBased on Canadian Vehicle Manufacturers’ Association year-end 2007–2014 total sales data for utility segment vehicles in Canada. ~Behind the First Row +Offer only valid from August 1, 2015 to September 30, 2015 (the “Offer Period”) to resident Canadians with an eligible Costco membership on or before July 31, 2015. Receive $500 towards the purchase or lease of a new 2015 (and 2016 where the model is available) Ford Fiesta (excluding ST), Focus (excluding ST and BEV), and $1,000 towards all other Ford models (excluding F-650/F-750 Raptor, 50th Anniversary edition Mustang, and Medium Duty) model (each an “Eligible Vehicle”). Limit one (1) offer per each Eligible Vehicle purchase or lease, up to a maximum of two (2) separate Eligible Vehicle sales per Costco Membership Number. Offer is transferable to persons domiciled with an eligible Costco member. Applicable taxes calculated before the $1,000 offer is deducted. ©2015 Sirius Canada Inc. “SiriusXM” the SiriusXM Dogs, channel names and logos are trademarks of SiriusXM Radio Inc. and are used under licence. ©2015 Ford Motor Company of Canada, Limited. All rights reserved.

Toyota FT-1 concept

The FT-1 ("Future Toyota Number One") concept came about as a challenge from company president Akio Toyoda to build a car that's actually exciting, a car not watered down by committees. Interestingly, the FT-1 was built on a computer to be driven within the Gran Turismo 6 video game. Then this concept was built, which will possibly go into production as the Supra. **JEFF MELNYCHUK** WHEELBASE MEDIA

THE RUNDOWN

1 Weighty matters
Long-nose, short-tail design pushes the engine and cabin back to balance out the weight.

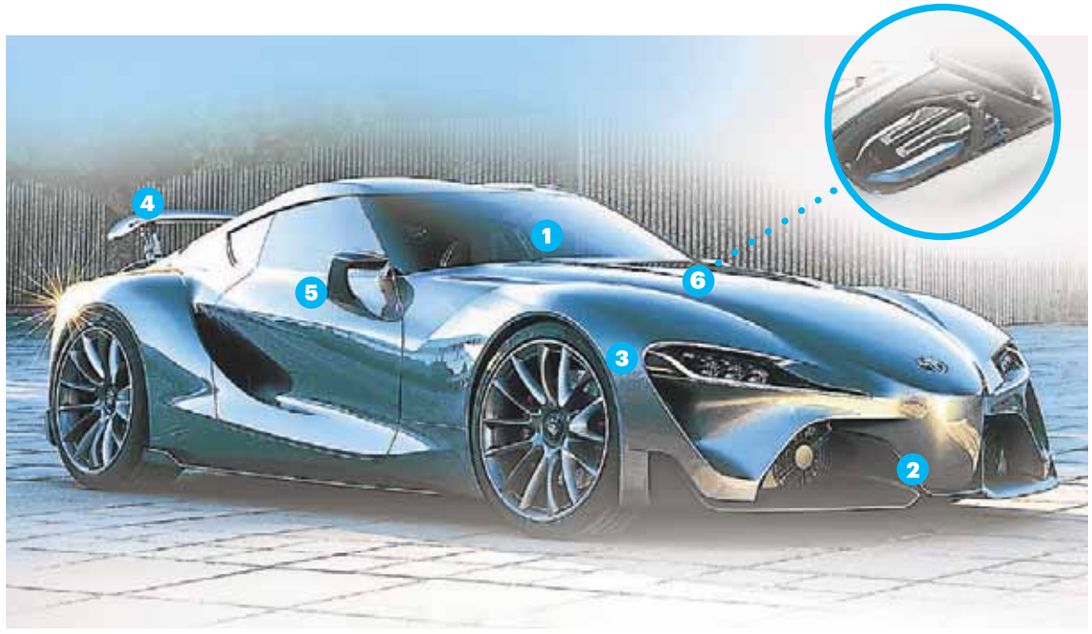
2 FT-1 an F1 fan
The pointy nose and lower air dam pay homage to Formula One race cars. Designed by Toyota's California design studio, Calty.

3 Layout
Front-engine, rear-wheel drive.

4 A lift
Wing raises at speed, just like with the Lexus LFA.

5 Design
Mirrors are only attached at the door.

6 Clear view
See-through hood somehow looks elegant and not junky.



Interior

- The latest iteration of the FT-1, brought out late in 2014, shows an upscale interior dressed in saddle leather, graphite colours and raw metal.
- Absence of a clutch pedal implies only an automatic transmission.

STAY TUNED

As a concept, there are no details on powertrain, features or price, although the FT-1/Supra will likely be a rear-wheel-drive hybrid.

LAST CHANCE TO TAKE ADVANTAGE OF
The Nissan REDLINE CLEAROUT | SALES EVENT
SALES END SEPT. 31ST, 2015

THE FASTEST GROWING AUTOMOTIVE BRAND IN CANADA
Based on full-line brands, on a rolling 12 month, year over year retail sales volume basis.

NISSAN
Innovation that excites

2015 NISSAN MICRA
SAVE UP TO $2,500 OR 0% FINANCING/LEASING

2015 NISSAN VERSA NOTE
SAVE UP TO $2,750 OR 0% FINANCING/LEASING

2015 NISSAN SENTRA
SAVE UP TO $3,250 OR 0% FINANCING/LEASING

2015 NISSAN ALTIMA
SAVE UP TO $4,000 OR 0% FINANCING/LEASING

2015 NISSAN JUKE
SAVE UP TO $2,500 OR 0% FINANCING/LEASING

2015 NISSAN ROGUE
SAVE UP TO $3,250 OR 0% FINANCING/LEASING

2015 NISSAN PATHFINDER
SAVE UP TO $4,250 OR 0% FINANCING/LEASING

FEELING LUCKY?!
For the entire month of September, purchase any new or pre-owned vehicles from Southside Nissan, you will automatically be entered for a chance to
WIN $1,000 SOUTHSIDE DOLLARS
to be used towards Service or Accessories at SOUTHSIDE NISSAN
Offer ends September 31st, 2015. Draw will take place on October. 1st, 2015. Winner will be notified on or before October 2nd, 2015.

SOUTHSIDE NISSAN
290 S.W. Marine Drive, Vancouver
604.324.4644
www.southsidenissan.ca

VANCOUVER FASHION WEEK
SPRING / SUMMER 2016

SEPTEMBER 28 - OCTOBER 4, 2015

@vanfashionweek

www.vanfashionweek.com

WEST 4TH OFFICIAL DINING & SHOPPING NEIGHBOURHOOD
metro
homereworks
REVLON PROFESSIONAL
North Shore Culinary School
CJ COMMODITY JUICERY
PRINTED BY: Westkey

Seasons change, cars need TLC

WEATHER

Your vehicle needs extra attention, as does your driving habits

Jason Menard
For Metro

Get your car ready for the colder weather. SHUTTERSTOCK

The weather outside may not yet be frightful, but there will soon be a chill in the air. So now's the time to take care of your car to ensure your autumn driving remains delightful.

"The change in seasons is a reminder to check the little things that keep your vehicle running smoothly," explained Chris Rechner, spokesperson for the Alberta Motor Association. "Top up your fluids, check you antifreeze, and make sure your wiper blades are clearing the windshield. Make sure you keep the gas tank at least half full and an emergency kit in the trunk.

"Your vehicle needs a little TLC to get ready for the cold weather. The single most important thing is to check your battery to make sure you're getting a full charge."

And when it's time for your regular oil change, Rechner said you may want to consider changing the type of oil you use to help keep your car running smoothly as the mercury drops.

"If you aren't already using synthetic oil year round, make the switch at your fall oil change," he said. "The oil doesn't thicken in the cold weather so your engine will turn over a lot easier."

Your car is not the only thing that needs extra attention in the fall — the way you drive also needs a little extra care.

"Cold, wet conditions can affect your traction and stopping distance, so always try to drive to the conditions of the road," Rechner said. "Double your following distance and leave a larger cushion in front of your vehicle when stopped at a light."

And though you may think it's too early to consider new tires — or snow tires, Rechner said that September and October may actually be the best time.

"Check your tires for wear. Stick a toonie in the tread and if the rubber covers the outside silver ring you're at about 50 per cent tread wear. If it only covers part of the ring, it might be time to buy new tires," he said, adding that those considering winter tires don't need to wait for snowfall — or the mad rush at the mechanic.

"At 7°C the rubber in all-season tires starts to harden and lose its grip. If you're switching over to winter tires the best time to put them on is less about the weather and more about convenience," he said. "Auto repair shops are pretty quiet in September so that's a great time. Many people start booking now for early October appointments. Once that snow falls it's a little more competitive to get that service so don't wait too long.

"If you get them on a month before winter that's okay, it won't wear out the tread."

Put down your phone and get into the car

VACAY

Take the family on a road trip to remember — for the right reasons

It's easy to take a family on a road trip they'll remember; the trick is making those memories enjoyable ones! Your chances of making your family road trip an enjoyable one is exponentially increased by one key element — planning.

"A spontaneous road trip might be a lot of fun but you can better ensure a good time with a bit of preparation. Begin by reducing any car chaos. Remove any items you're carrying around in your vehicle that are just taking up space. Get rid of garbage and dust your dash. Starting with a clean car makes a trip seem more like an 'event,'" explained Joan Marie Galat, author of the book Day Trips from Edmonton, which was initially published in 2009 and updated in 2013.

"If you're travelling with young people, plan ahead for on-the-road entertainment. Choose books for quiet time and aim to keep electronic entertainment to a minimum or last resort. You want the trip to stand out as different from home, so instead, look out the window and practice your observation skills."

Getting the kids to put down the iPhones and focusing on the world outside of the palm of their hand can be a challenge, but it's all about engaging their interests.

"Talk about what's the same as your usual surroundings and what is different. Make the trip a group adventure by playing games related to what you're seeing out the window, from recording license plates to counting cows," Galat said.

"Try word games, guessing games, or telling family stories. Try to involve everyone in the car in the trip. You might assign roles, such as navigator, entertainment coordinator, and snack disperser. Consider a record keeper whose role is to keep funny statistics like the number of red lights or number of sneezes."

> **If you're travelling with young people, plan ahead for on-the-road entertainment.**
> Joan Marie Galat, author of the book Day Trips from Edmonton

And don't rely just on the power of your memory. Hectic packing and the excitement of a trip can conspire to throw a wrench of two in the works.

"Make a 'to-bring' list that you can reuse each time you travel and assign someone in the car to keep a 'what we forgot' list for next time," Galat said. "Also, try to make sure your trip includes something fun for each family member.

"Everyone deserves to have something to look forward to on the trip, whether it's a chance to look at classic cars, enjoy an ice-cream cone, pick which radio station you'll listen to, or discover pioneer history. Involving everyone is key."

JASON MENARD/FOR METRO

Road trips require plenty of planning or you'll fall victim to 'car chaos'. SHUTTERSTOCK

Absolutely Final!

~~LAST~~ CHANCE FOR OUR 2015s

UP TO $5,000†

Cash purchase incentive on select 2015 models

The Honda 2015 MODEL CLEAROUT

2015 **PILOT**

$5,000†

Cash purchase incentive on every 2015 model

MSRP $37,095** includes freight and PDI.
Model shown: Pilot Touring YF4H9FKN

2015 **CR-V**

$1,500†

Cash purchase incentive on select 2015 models

MSRP $30,045** includes freight and PDI.
Model shown: CR-V Touring RM4H9FKNX

2015 **ACCORD**

$2,000†

Cash purchase incentive on select 2015 models

MSRP $25,745** includes freight and PDI.
Model shown: Accord Touring CR3F9FKN

Get them before they're gone!

HONDA

bchonda.com

†$1,500/$2,000/$5,000 Honda cash purchase incentive is available on select 2015 CR-V models (LX AWD, SE, EX, EX-L, Touring), select 2015 Accord models (2D EX, 2D EX-L Navi, 4D LX, 4D Sport, 4D EX-L, 4D Touring) and every 2015 Pilot model. Honda cash purchase incentive will be deducted from the negotiated price after taxes and cannot be combined with special lease or finance offers. **MSRP is $30,045/$25,745/$37,095 based on a new 2015 CR-V LX AWD RM4H3FES/Accord 4D L4 LX 6MT CR2E3FE/Pilot LX 5AT 2WD YF3H2FE including $1,695/$1,695/$1,695 freight and PDI. Prices and/or payments shown do not include a PPSA lien registration fee of $30.31 and lien registering agent's fee of $5.25, which are both due at time of delivery and covered by the dealer on behalf of the customer. Offers valid from September 1st through 30th, 2015 at participating Honda retailers. Dealer may sell/lease for less. Dealer trade may be necessary on certain vehicles. Offers valid only for British Columbia residents at BC Honda Dealers locations. Offers subject to change or cancellation without notice. Terms and conditions apply. Visit www.bchonda.com or see your Honda retailer for full details.

Former No. 1 draft pick Anthony Bennett and the Timberwolves have agreed on a contract buyout, according to reports

NHL SHARKS CARVE UP CANUCKS Barclay Goodrow, right, is stopped by Canucks' goalie Ryan Miller as the San Jose Sharks easily defeated Vancouver 4-0 in pre-season action Tuesday. Martin Jones stopped 30 shots while Brent Burns and Tomas Hertl each had a goal and assist. Paul Martin and Nikolay Goldobin also scored for San Jose. DARRYL DYCK/THE CANADIAN PRESS

Bonus ahead for Caps if they can sink Sounders

CONCACAF CHAMPIONS

A win in Seattle would render Honduras trip irrelevant

The Vancouver Whitecaps want to make sure their trip to Honduras next month is for pleasure only.

The club visits the Seattle Sounders on Wednesday in CONCACAF Champions League action and can wrap up first place in Group F with a victory.

A win for the Sounders (1-1-1) at CenturyLink Field would give Seattle top spot. A draw means the identity of the team to go through to the competition's quarter-finals would depend on whether Vancouver (1-1-0) can win or draw when it travels to take on C.D. Olympia (1-0-2) in Tegucigalpa on Oct. 22.

The Whitecaps would like nothing more than to render that match meaningless with a victory against their Major League Soccer rivals.

"Make no doubt about it, that game in Honduras will be tough," said Vancouver head coach Carl Robinson. "It's a little carrot for us this Wednesday (against Seattle) if we can go and get a result. We know it's going to be difficult. They're a good team."

The Whitecaps saw that first-hand on Saturday when the Sounders beat them 3-0 at BC Place stadium in a game Vancouver could easily have led 3-0 at halftime after blowing a number of opportunities in front of goal.

Vancouver Whitecaps recently lost to the Sounders 3-0 at BC Place, above. DARYL DYCK/THE CANADIAN PRESS

"There's always concerns whichever way you look at it after a game," said Robinson. "We're getting chances. We had gilt-edged chances on Saturday and we didn't take them. We'll take responsibility for that.

"I won't get too beat up about it because we played very well."

The Whitecaps defeated Olimpia 1-0 last Wednesday at home with a mix of youth and experience, and Vancouver is likely to deploy a similar lineup against the Sounders as it looks for a measure revenge after a disappointing weekend.

"You have to give credit where credit is due. I thought Seattle came in on Saturday and played a very good game," said veteran Whitecaps forward Robert Earnshaw. "They competed very, very well. They had a lot of energy, and I think it was about quality.

"We were just disappointed in the result rather than the performance." THE CANADIAN PRESS

IN BRIEF

Short absence ahead for Higgins after foot injury

Canucks forward Chris Higgins will miss at least three weeks with a fractured right foot.

Higgins took a slap shot off that foot in Vancouver's game Monday night against the San Jose Sharks. The 32-year-old was seen in a walking boot earlier Tuesday. The team announced before its game Tuesday night that further tests revealed a bone fracture in Higgins's foot.

Higgins will be re-evaluated in three weeks, the Canucks said. The left winger from Smithtown, N.Y., is going into his 11th season. He had 12 goals and 24 assists for the Canucks last year.

THE CANADIAN PRESS

Eagles suffer injuries on defence ahead of Jets test

Eagles defensive co-ordinator Billy Davis says linebacker Kiko Alonso and defensive tackle Cedric Thornton won't play Sunday at the New York Jets and linebacker Mychal Kendricks also may be out.

The Eagles (0-2) have struggled on offence in the first two games. Losing three starters on defence won't make things easier.

"We've got depth and we're very confident with who we have in there," Davis said Tuesday.

THE ASSOCIATED PRESS

Cassel trade from Bills gives Cowboys insurance after losing Romo

Matt Cassel is headed to Dallas in a trade as the Cowboys try to bolster their depth at quarterback while Tony Romo is sidelined at least seven games because of a broken left collarbone.

The Cowboys acquired Cassel from Buffalo on Tuesday, sending a fifth-round pick in 2017 to the Bills. Brandon Weeden is expected to start Sunday at home against Arizona, but Cassel is a veteran with far more experience than the fourth-year pro. Cassel has 71 starts in 90 games over 11 seasons, not counting the opener this year.

THE ASSOCIATED PRESS

BUNDESLIGA

Lewandowski hits 5 goals in 9 minutes

Substitute Robert Lewandowski scored five goals in the space of nine minutes as Bayern Munich came from behind to rout Wolfsburg 5-1 and move top of the Bundesliga on Tuesday.

Daniel Caligiuri fired the visitors ahead in the 27th, leaving Bayern 1-0 down at the break for the third time in six games this season.

But Lewandowski came on for the second half and equalized in the 51st, put Bayern ahead a minute later, and completed his hat trick three minutes after that, when he hit the post, then the goalkeeper and kept going till he scored.

Still, he wasn't done.

The Poland striker scored again in the 57th and claimed another three minutes after that, when he met Mario Goetze's cross with a spectacular scissor kick into the top corner. THE ASSOCIATED PRESS

Robert Lewandowski CHRISTOF STACHE/AFP/GETTY IMAGES

Didi Gregorius tumbles after tagging out Justin Smoak at second base on Tuesday night at Rogers Centre. Smoak drove in a run on the play. TOM SZCZERBOWSKI/GETTY IMAGES

LIGUE 1

Ibrahimovic helps PSG extend lead

Paris Saint-Germain stars Zlatan Ibrahimovic and Angel Di Maria scored their first league goals this season as Paris Saint-Germain provisionally moved four points clear at the top of the French league with a 3-0 win over Guingamp on Tuesday.

After Javier Pastore put the hosts ahead with a neat finish in the 18th minute, Di Maria opened his account in the 76th as he took advantage of a mistake from goalkeeper Jonas Lossl to score from the rebound. Di Maria, who joined from Manchester United this summer, found the net from close range after Lossl failed to clear Ibrahimovic's powerful shot.

Ibrahimovic, who had been criticized for his lack of impact in PSG's previous matches, redoubled his efforts throughout the evening at the Parc des Princes. He was rewarded with a goal seven minutes from time — his 107th with PSG since joining in 2012 — scoring with a simple toe-poke from Di Maria's assist.

Ibrahimovic missed the chance to add more lustre to the win when Lossl dived to stop his penalty after Younousse Sankhare was booked for a foul on Edinson Cavani in the box in the 87th minute. But the miss didn't distract from his man-of-the-match performance. THE ASSOCIATED PRESS

109

In the final year of his contract, Zlatan Ibrahimovic is targeting PSG's club scoring record held by former Portugal striker Pedro Pauleta, who netted 109 in 211 games from 2003-08.

IN BRIEF

Griezmann double puts Atletico top of La Liga

Atletico Madrid forward Antoine Griezmann struck two goals for a 2-0 win against crosstown rival Getafe on Tuesday, helping his side take the overnight lead of the Spanish league.

Espanyol also beat Valencia 1-0 thanks to Victor Alvarez's 18th-minute header. Barcelona can reclaim the lead at Celta Vigo on Wednesday. THE ASSOCIATED PRESS

Balotelli ends goal drought as AC Milan edge Udinese

Mario Balotelli snapped a scoring slump with a beautiful free kick and AC Milan held on for a 3-2 win over Udinese in Serie A on Tuesday.

Starting for the first time since rejoining Milan on loan after a dismal season at Liverpool, Balotelli curled the ball into the top corner after five minutes and let out a rare celebratory smile. THE ASSOCIATED PRESS

Yankees finish off Jays in extra innings

MLB

Blue Jays cling to lead of 2-1/2 games in AL East

TUESDAY In Toronto

YANKEES	BLUE JAYS
6	4

Greg Bird hit a three-run homer in the 10th inning to power the New York Yankees to a 6-4 win over the Toronto Blue Jays on Tuesday night at Rogers Centre.

With Brian McCann and Slade Heathcott aboard, Bird lined a 2-2 pitch from reliever Mark Lowe over the wall in right field for his 10th homer of the season. Andrew Miller (3-2), who blew a save opportunity in the ninth, gave up a solo homer to Edwin Encarnacion in the 10th before completing the victory.

With the win, New York (83-67) moved 2-1/2 games behind first-place Toronto in the American League East division race. The teams will play the rubber game in the three-game set Wednesday night.

New York has 12 games left to play in the regular season, one more than the Blue Jays.

The sellout crowd of 47,992 got its money's worth with a rollicking back-and-forth affair that had a playoff atmosphere.

Carlos Beltran gave New York a 3-2 lead with a solo shot in the eighth inning but Dioner Navarro answered with a solo homer of his own an inning later. The Blue Jays loaded the bases before Miller struck out Josh Donaldson to force extra innings.

Jacoby Ellsbury led off the game with a double and scored when McCann drove a pitch off the wall for a long single. Alex Rodriguez, who reached on a walk, made it 2-0 after a sacrifice fly by Beltran.

The Yankees put two more runners in scoring position before Blue Jays starter Marco Estrada escaped by striking out Chase Headley.

Kevin Pillar put Toronto on the board in the third inning with a solo shot off New York starter Luis Severino. He belted a 2-2 pitch into the second deck for his 11th homer of the year.

Donaldson worked a leadoff walk in the fourth inning, moved to second base on a wild pitch and scored on a single by Justin Smoak. THE CANADIAN PRESS

INJURY UPDATE

Blue Jays shortstop Troy Tulowitzki played catch Tuesday for the first time since suffering a broken left shoulder blade 10 days ago, but there's still no timetable for his return to the lineup.

"The pain has died down and I feel better each and every day," Tulowitzki said.

Tulowitzki has been sidelined since colliding with teammate Kevin Pillar during the first game of a Sept. 12 doubleheader at Yankee Stadium.

His next steps will be to try making throws on the run and resume hitting.

Jake Arrieta THE ASSOCIATED PRESS

Arrieta first to reach 20 wins

Jake Arrieta threw a three-hitter to become the first pitcher in the major leagues to reach 20 wins, Kris Bryant set the Cubs rookie record for home runs and Chicago inched closer to a playoff berth with a 4-0 victory over the Milwaukee Brewers on Tuesday night.

Looking loose after manager Joe Maddon entertained the team with a petting zoo in the outfield at Wrigley Field before the game, Arrieta (20-6) struck out 11 for Chicago, whose magic number for making its first post-season in seven years dropped to three.

The right-hander retired 14 in a row at one point in becoming the first Cubs pitcher to win 20 games since Jon Lieber in 2001.

Arrieta also became the first Chicago pitcher since Hall of Famer Fergie Jenkins in 1971 to win at least 20 games and strike out at least 200 in a season.

Bryant, whose April 17 debut was one of the most anticipated in years, hit a two-run homer in the third off Tyler Cravy (0-8) to give Chicago a 2-0 lead. It was Bryant's 26th longball, besting Billy Williams' mark in 1961. Bryant added a run-scoring double in the eighth. THE ASSOCIATED PRESS

Day vs. Spieth for PGA player of year

GOLF

Tour members to vote on hot start or strong finish

PGA Tour players might be voting on more than just their player of the year.

Depending on how the Tour Championship unfolds this week at East Lake, the vote could also be a referendum on how they view the FedEx Cup.

No one thought this would even be a contest a month ago when the most significant part of the golf schedule ended at the PGA Championship. Even with Jason Day finally breaking through for his first major title, this year was all about Jordan Spieth.

The 22-year-old Texan won the Masters and U.S. Open among his four PGA Tour titles. He missed the British Open playoff by one shot and played in the final group at Whistling Straits, where he was unable to make up a two-shot deficit against Day at the PGA Championship.

But that was the last great moment for Spieth. And it was just the start for the 27-year-old Australian.

Day began to overpower players and courses. He set a major championship record to par (20 under) at Whistling Straits. He followed that with a six-shot victory at The Barclays, and then opened with rounds of 63-61 to blow away the field at Conway Farms for a six-shot victory in the BMW Championship.

That was his fifth win of the year — one more than Spieth — and Day went to No. 1 in the world ranking.

The ballots will be emailed to PGA Tour players on Sunday night after the Tour Championship following what amounts to the last campaign stop at East Lake.

If Day were to win, then it really would be a tale of two seasons. Spieth dominated the important part of the year. Day thrived during the bonus time of the year.

The FedEx Cup starts with the top 125 players on the PGA Tour and, with the value of points quadrupled, whittles the field to the top 30 at the Tour Championship who all have a mathematical shot at the $10 million bonus. A vote for Day might indicate how much importance players put on the tour's postseason. THE ASSOCIATED PRESS

Jason Day of Australia and Jordan Spieth of the United States show camaraderie during the 115th U.S. Open Championship at Chambers Bay on June 19, in University Place, Wash. HARRY HOW/GETTY IMAGES

Service Directory

To advertise call 604.602.1002

EMPLOYMENT

iMARKETING
WE PUT THE fun IN FUNDRAISING
NOW HIRING
EXPERIENCED SALES STAFF
- Earn up to $700+ a week with guaranteed hourly wage + daily and weekly performance bonuses.
- Flexi schedule for top performers
- Paid every Friday
- Attached to SkyTrain Station
- Advancement opportunities
- Full time and Part time available
- Seniors and Students welcome

FLUENT ENGLISH IS A MUST!
Call Jatin at 778 928-9041 or 604 681-5779 EXT #2

skilled immigrant infocentre
Employment information for career decisions
A free service for immigrants to British Columbia
Vancouver Public Library Central Library, Level 4
350 West Georgia Street
Phone: 604-331-3603 Web: skilledimmigrants.vpl.ca
VPL Vancouver Public Library
Welcome BC

RGIS
An Equal Opportunity Employer
Inventory Counters Wanted
Opportunities we offer:
- Flexible schedules
- No experience necessary
- Paid training
- Higher wages for high performers
- Hourly career path program

Join the Team That Counts. Apply Online WWW.RGIS.COM
Our recruiters will contact you to book an interview.

FINANCIAL

EVER FOREX 匯聯
BEST EXCHANGE RATES GUARANTEED!
- Money Exchange
- Worldwide Money Transfer
- 24*7 Online Trading

Live Rates: everforex.ca • Toll Free: 1 800 699 4816
LOCATIONS IN VANCOUVER, RICHMOND, BURNABY, SURREY, MARKHAM, TORONTO & WORLDWIDE

metro Your Ad Here!
CALL 604.602.1002
FOR MORE INFORMATION

LOANS

courtiers & brokers
Lamina 1-800-NEW-CREDIT (639-2733)
$300-$1000 LOAN
Rent Purchases Repairs Trips
no credit checks • instant approval
no documents • paid over 3 months

HEALTH AND WELLNESS

SRI ANNAPURNESHWARI ASTROLOGER CENTER
Psychic Fortune Teller Pandit: JAANAKI RAM
Expert in Palm Reading, Face Reading & Chat Reading
He performs all types of Pujas for all Problems
Special Pujas for Full Moon & Dark Moon
101% Guarantee
An Expert Pandith at Your Service. He can tell Past, Present and Future of your life. He will give advice and solution for any kind of Problems.
If you are disappointed with other astrologers meet the knowledgeable Pandit (Jaanaki Ram) & get the permanent solution of all problems in 11 days.
Private & Confidential! Call Today!
604.761.6610 72 AVE & 122 ST. SURREY, BC

INDIAN ASTROLOGER & PSYCHIC READER
PASSED AWAY FROM GENERATION TO GENERATION, NOW IN SURREY, BC
PANDIT: RAJA RAM
FACE READING • PHOTO READING • 2 HAND READING
BIRTH TIME READING • HOROSCOPE READING
HE CAN HANDLE ANY PROBLEM BRINGING LOVED ONE BACK
100% Guarantee
Helps in Job, Love, Business, Sickness, Education, Employment, Marriage, Court, Enemy, Black Magic, Secret Matters, etc.
IMMEDIATE RESULTS & GET LIFELONG PROTECTION OPEN 7 DAYS A WEEK
604-897-5329
7646 - 120th Street, Surrey BC V3W 3N1

SRI SHIVA SHAKTHI ASTROLOGY CENTER
INDIAN SPECIALIST PSYCHIC READER
FROM 9th GENERATION
PANDIT SRIMAHA VISHNU
EXPERT IN PALM READING & FACE READING
HE CAN HANDLE ANY PROBLEM
100% GUARANTEE
Pandit is an Expert In Removing Black Magic, Voodo Spirits, Obeau, Generation Curses, Evil Energy Butu, Witchcraft, Evil Spirits & Bad Luck
SPECIALIST IN BRINGING BACK LOVED ONES
Also Specialized In Bringing Financial Happiness, Health Protection And Good Luck
CALL FOR AN APPOINTMENT
604-377-9158
7 DAYS A WEEK 9:00AM - 9:00PM

RECIPE Five-Minute No-Bake Granola Bars

This is Gena Hamshaw's most popular recipe from her Food52 Vegan cookbook. It's easy and adaptable. Be warned: These are very soft, not baked and crisp, so may crumble depending on your ingredients (brown rice syrup seems to bind better than agave). Just cut them smaller if they do.

Yield: 10 large bars or 20 small squares.

Ingredients

- 2-1/2 cups large-flake oats or quick oats
- 1 cup pepitas (raw green pumpkin seeds)
- 1/2 cup raisins
- 2/3 cup almond butter or peanut butter
- 1/2 cup agave nectar or brown rice syrup, plus more as needed
- Pinch fine sea salt (optional depending on nut butter)

Directions

1. Line an 8-inch square pan with parchment, foil or plastic wrap with enough to cover and hang over sides for easy lifting.

2. In large bowl, stir together oats, pepitas and raisins.

3. In medium bowl, stir together almond or peanut butter, 1/2 cup agave or brown rice syrup and salt if desired. Add to oat mixture; stir until sticky and well combined. If it's too dry to hold together, add a bit more syrup.

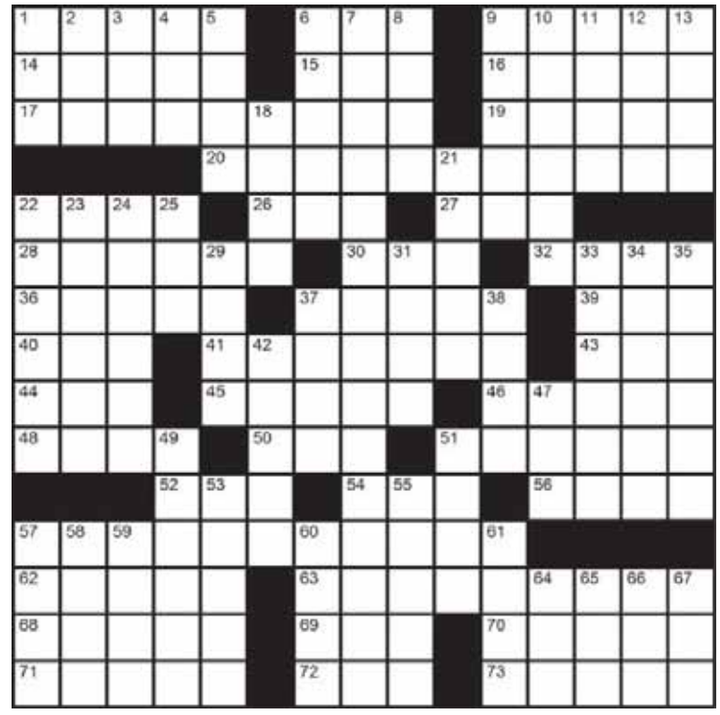
3. Spread mixture in prepared pan. Cover with parchment/foil/plastic overhang; press firmly to form an even layer. Refrigerate at least 4 hours to help firm up.

3. Remove from pan and transfer to cutting board. Use long, sharp knife, cut into 10 bars or 20 squares. Wrap individually in plastic. Refrigerate up to 2 weeks.

RECIPE: TORSTAR NEWS SERVICE
PHOTO: MELISSA RENWICK/TORSTAR NEWS SERVICE

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS

1. Jumbo's partner in balderdash
6. Gallery director's deg., perhaps
9. Teri of "The West Wing", and surnamesakes
14. Shake like _ _ (Tremble)
15. Mr. Dykstra
16. Jeweller's eye piece
17. In-depth analysis: 2 wds.
19. Tim of "Home Improvement"
20. Detail regarding the weave of bed sheets: 2 wds.
22. Turkish title, variantly
26. Medit. land
27. Andy Capp cartoonist Mr. Smythe
28. Decorates the cake in a way
30. "Where the Boys _": 1961 Connie Francis hit
32. Long-haired mountain animals
36. Gravy globs
37. Handle
39. Mythical bird
40. Music honour, e.g.
41. Swiftly, in music
43. The Who's "Love, Reign _ Me"
44. Car advertisement fig.
45. Curls
46. Region's animal life
48. Looked
50. Alphabet's 25th letter, spelled-out
51. Meower attractor
52. Meadowlands mother
54. "Fortunate Son" gr.
56. Cliff's scary part
57. _ Street Village National Historic Site of Canada (Mennonite settlement in southern Manitoba founded in 1876)
62. Ironworker's block
63. Ferocious female felines
68. Tragically Hip song that goes "Lava flowing in Superfarmer's direction..."
69. Salutes from Rocky
70. Sly shrewdness
71. 2015/09/23's one-of-two
72. Compass dir.
73. _ nerve (Eyeball attachment)

DOWN

1. Hamilton university, familiarly
2. 'Spat' suffix (Flapjacks flipper)
3. 'My' in Quebec, plurally
4. _ _ _ Systems (U.K. defence contractor)
5. "The Pride _ _. Louis" (1952)
6. Smudges
7. Harper-Mulcair-Trudeau... Voting for it takes place October 19th, 2015: 2 wds.
8. 1944: Dragonwyck author, _ Seton
9. Locale
10. The study of birds' eggs
11. Humdinger
12. Welcoming
13. Faxed
18. 1982 Roxy Music tune: "More Than _"
21. Gloom, in verse
22. On fire: wds.
23. In an irritable mood
24. Tribute
25. Egyptian cobra
29. Russian ruler
31. Fiendishly 'fixes
33. Daft Punk's "_ the World"
34. Walter _ (Chekov on "Star Trek")
35. Abrade
37. Friendly nation
38. Chesterfield
42. Bring down
47. Banqueted
49. Credits opposites
51. _-Raspberry (Ocean Spray flavour)
53. Language in Prince Charles' realm
55. Made a pick
57. Siestas
58. Organic compound
59. Iris' place
60. Elinor _ (British romance novelist)
61. Toy blocks brand
64. "How's it going?", fun-style
65. Don't stand
66. Yalie
67. Li'l bit of "60 Minutes"

IT'S ALL IN THE STARS by Sally Brompton

Aries March 21 - April 20
It may at times seem as if everything you do is dictated by other people. But even if that is true it does not mean that things won't work out in your favour. Go with the flow.

Taurus April 21 - May 21
Certain habits and routines are past their sell-by date and must be replaced. The Sun's change of signs will make it easy for you to get rid of the old and bring in the new.

Gemini May 22 - June 21
You will be eager to change things for the better and that's good. The planets indicate that whatever you start now will result in major gains for you over the coming six months. Lady Luck is on your side.

Cancer June 22 - July 23
You need to make sure that the real foundation of your existence — your home and your family life — is built on solid ground. There are some major challenges coming and you won't want to face them alone.

Leo July 24 - Aug. 23
Loved ones will know what you are thinking without being told. You will come up with some wonderful ideas about how to improve your life between now and the end of the week.

Virgo Aug. 24 - Sept. 23
This is an important time for money and business. Decisions you take over now will set the scene for months to come. Once financially secure your options will increase.

Libra Sept. 24 - Oct. 23
The Sun's move into your sign today makes all things possible. It will give new life to a project or quest and if you reach for your highest ideal you will make the kind of difference that changes the world for the better.

Scorpio Oct. 24 - Nov. 22
You may be a bit more cautious than usual but that's okay. A lot depends on how much faith you have in your own abilities; believe there is a higher power guiding your actions.

Sagittarius Nov. 23 - Dec. 21
You need to get along with other people now, because you will only achieve what you hope to achieve if you join forces with those who share your aims and ambitions.

Capricorn Dec. 22 - Jan. 20
If you want to get on in the world, to make your mark in some way, now is the time to get serious about it. Your professional reputation is sure to rise but you must be prepared to step into the spotlight.

Aquarius Jan. 21 - Feb. 19
You are under no obligation to explain your actions to anyone, no matter what their position may be. No one commands an Aquarius.

Pisces Feb. 20 - March 20
Help will arrive when you need it over the next few days, but it might arrive quicker if you were not so determined to suffer in silence. Also, where finances are concerned a long-term plan is a must.

CONCEPTIS SUDOKU by Dave Green

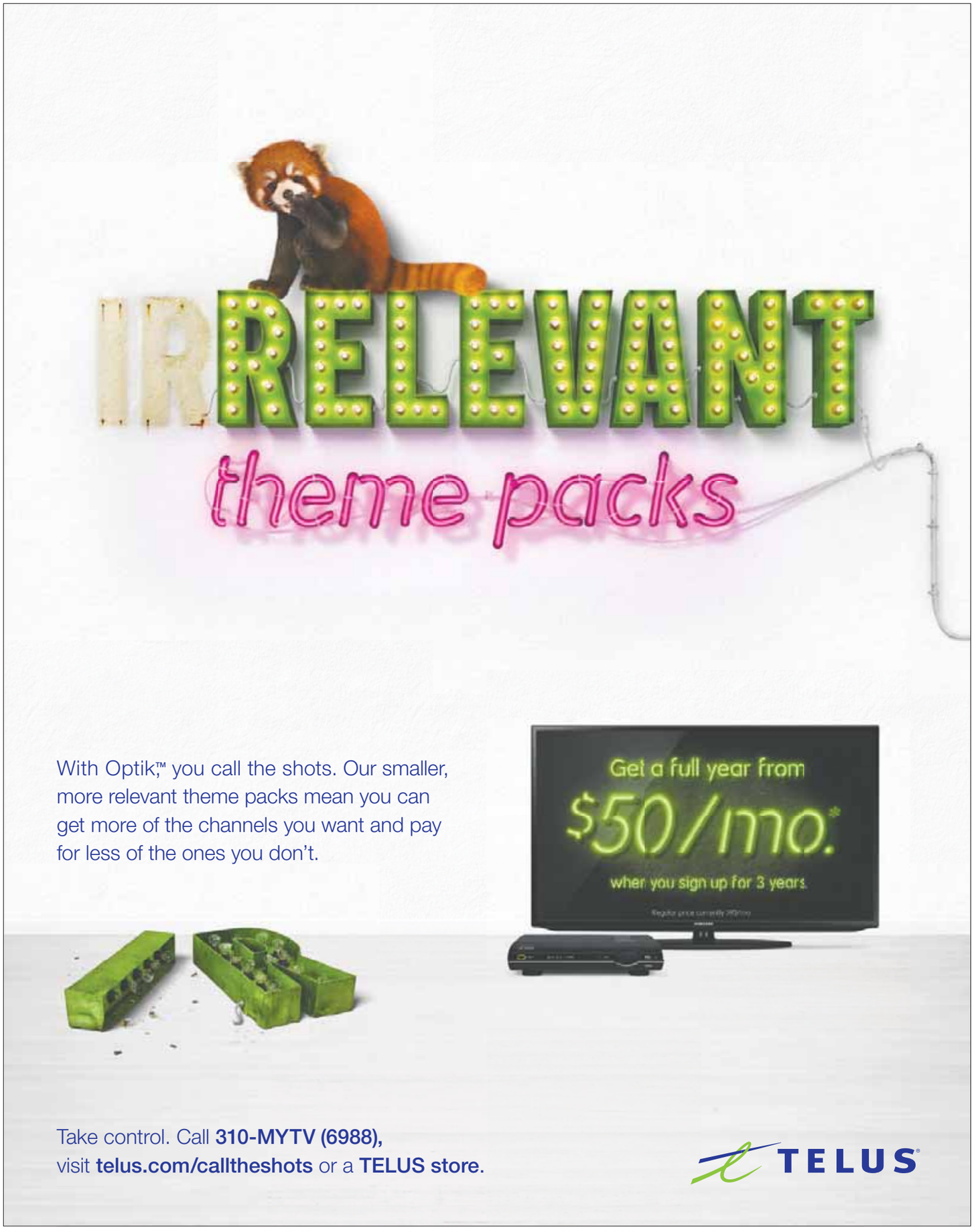
Every row, column and box contains 1-9

	9		6	3			7	
5		7						3
	1				8			
2						7		
7				1				8
		4						6
			3				1	
1						2		7
	8			6	1		5	

©2015 Conceptis Puzzles, Dist. by King Features Syndicate, Inc.

THE HANDY POCKET VERSION!
Get the news as it happens

metro
Download the Metro News App today at metronews.ca/mobile


IRRELEVANT
theme packs
With Optik,™ you call the shots. Our smaller, more relevant theme packs mean you can get more of the channels you want and pay for less of the ones you don't.
Get a full year from
$50/mo.*
when you sign up for 3 years
Take control. Call 310-MYTV (6988),
visit telus.com/calltheshots or a TELUS store.
TELUS

TELUS STORES

Abbotsford
Highstreet Shopping Centre
Sevenoaks Shopping Centre
2140 Sumas Way
32915 South Fraser Way

Aldergrove
26310 Fraser Hwy.

Burnaby
Brentwood Town Centre
Crystal Mall
Lougheed Town Centre
Metropolis at Metrotown
3855 Henning Dr.
4501 North Rd.

Coquitlam
Coquitlam Centre
Westwood Mall
1071 Austin Ave.

Delta
Scottsdale Centre
1517 56th St.
4841 Delta St.

Langley
Willowbrook Mall
8700 200th St.
19638 Fraser Hwy.
20159 88th Ave.
20202 66th Ave.

Maple Ridge
Haney Place Mall
22661 Lougheed Hwy.

Mission
Mission Smartcentre
32670 Lougheed Hwy.

New Westminster
Royal City Centre

North Vancouver
Capilano Mall
Lynn Valley Centre
1295 Marine Dr.
1801 Lonsdale Ave.

Pitt Meadows
19800 Lougheed Hwy.

Port Coquitlam
Fremont Village
2020 Oxford Connector

Richmond
Lansdowne Centre
Richmond Centre
11686 Steveston Hwy.

Surrey
Central City Shopping Centre
Cloverdale Crossing
Guildford Town Centre
Semiahmoo Shopping Centre
3189 King George Blvd.
7380 King George Blvd.
13734 104th Ave.

Vancouver
Oakridge Centre
Pacific Centre
220 East 1st Ave.
551 Robson St.
1095 West Pender St.
1143 Robson St.
1855 Burrard St.
2338 Cambie St.
2372 West 4th Ave.
2706 Granville St.
2748 Rupert St.
3121 West Broadway

West Vancouver
Park Royal South

*Offer available until September 14, 2015, to residential customers who have not subscribed to TELUS TV or Internet in the past 90 days. Cannot be combined with other promotional offers. Offer includes Optik TV Essentials and Internet 25. Regular prices apply at the end of the promotional period. Minimum system requirements apply. Final eligibility for the services will be determined by a TELUS representative. TELUS reserves the right to modify channel lineups and packaging, and regular pricing without notice. The Essentials is required for all Optik TV subscriptions. Offer not available with TELUS Internet 6. TELUS, the TELUS logo, Optik, Optik TV and telus.com are trademarks of TELUS Corporation, used under licence. All copyrights for images, artwork and trademarks are the property of their respective owners. © 2015 TELUS.